The deleted iPhone messages won't disappear immediately. This guide explains where to find your recently & permanently deleted messages and how to recover them easily! Once you find your deleted iPhone messages, you can easily recover them to get your important conversations back. When you accidentally delete some text messages from your iPhone, you may wonder where do these deleted messages go and how to find them for recovery. Thankfully, the deleted messages won't disappear on your iPhone instantly. Whether you've mistakenly deleted important messages or emptied the entire conversations, there are still possible ways to find and recover deleted messages on iPhone, with or without backup. This guide explores the most efficient ways on how to find deleted messages on iPhone, enabling you to recover your recently and permanently deleted messages with ease. To recover iPhone messages after deletion, iPhone Data Recovery offers a deep scanning option, letting you find all recoverable text messages and retrieve them directly from your iPhone without using a backup. Where do deleted messages go on iPhone? When an iPhone message is deleted on iOS 16 or later, it goes to the Recently Deleted folder within the Messages app for up to 30 days, allowing for recovery. After 30 days, it will be removed from Recently Deleted folder automatically. But it doesn't mean that the text messages disappear from your iPhone immediately. Instead, they remain your device's internal storage, where you can find and recover those text and iMessages that haven't been overwritten. Also, when using iCloud for Messages, disabling Messages in iCloud will remove all synced messages from your iPhone, but they are still accessible in iCloud storage. How to find deleted messages on iPhone? Check Recently Deleted folder in Messages app. Since iOS 16, it's easy to find and recover iPhone messages from Recently Deleted folder if they were deleted within the last 30 days. Scan iPhone's internal storage. If you cannot find recently deleted messages on iPhone, they may hide in the internal storage until being replaced by new data files permanently. Try performing a deep scanning to find and recover deleted messages from iPhone. Use a previous backup. An earlier iCloud or iTunes backup enables you to recover deleted iPhone text messages if it's created before the permanent deletion. Download iCloud messages. Look for iCloud Messages, where your iPhone messages are securely stored and synced up to date across devices. How to recover deleted messages on iPhone Once you know where and how to find deleted text messages on iPhone, it's simple to recover your texts and iMessages, whether they are deleted accidentally or removed permanently. Recover iPhone messages from Recently Deleted folder As mentioned above, in iOS 16 and later, the deleted iPhone messages can be recovered easily if you can find them in Recently Deleted folder inside Messages app. However, note that this method only supports recovering iPhone messages deleted in the recent 30 days. After 30 days, they will be automatically removed from Recently Deleted folder. Here's how to find and recover deleted messages on iPhone within Messages app: 1. Open the Messages app on your iPhone. If you're in a conversation, tap the Back < icon to return to your conversation list. 2. In the conversation list, tap Edit in the upper-left corner and select Show Recently Deleted. Or tap Filters > Recently Deleted to proceed. 3. Find the deleted conversations and messages you prefer to recover and tick to select them. 4. Tap Recover button and confirm Recover Messages option. To recover all deleted messages, simply press Recover All and confirm. After recovery, the deleted iPhone messages will be moved back to your conversation list in the Messages app. Recover permanently deleted messages on iPhone without backup If you fail to find your iPhone messages in Recently Deleted folder or they've been deleted for more than 30 days, there's still possibility to recover permanently deleted messages on iPhone without backup, a tool like iPhone Data Recovery. By performing a deep scan of your iPhone's internal storage, this tool is able to find all recoverable texts and iMessages that haven't been overwritten. You can then preview and selectively recover specific messages and conversations. This enables you to locate and recover both recently and permanently deleted messages on iPhone without a backup. for MacOS The process is straightforward and user-friendly. Here's how to recover deleted text messages on iPhone without a backup, supporting all iOS versions: Step 1. Open iPhone Data Recovery on computer and connect your iPhone via a USB cable. If asked, make sure to unlock your device and allow for trust this computer. Step 2. Click Start Scan button to perform a deep scanning of your iPhone. It may take a short while to find all deleted messages on your iOS device. Step 3. From the left side of the scanning results, select Messages to view all deleted conversations. Take a full preview of your texts, iMessages, contacts, date, and more. Step 4. Select your desired messages and click the Recover button at the bottom. It will recover the deleted messages directly from your iPhone without backup; you may select a local path to export them as CSV or HTML files on your computer. Besides, this tool supports recovering photos, contacts, call logs, notes, and more from an iPhone/iPad without a backup. If you have an earlier iTunes backup, it also lets you access the iTunes backup, preview all backed-up files, and extract only messages for recovery. Restore deleted iPhone messages from iCloud When you're looking to recover iCloud Messages or iCloud Backup to recover deleted iPhone text messages. Restore iPhone messages from iCloud backup If you've previously backed up your iPhone with iCloud before permanently deleting the text messages, restoring your iPhone from a recent iCloud backup can help retrieve the messages that have been deleted over 30 days or removed from Recently Deleted folder. Note: Restoring this iCloud backup will replace all current data on your iPhone with the data from the backup. You won't be able to retrieve deleted messages selectively. To recover deleted text messages on iPhone from iCloud backup, follow these steps: Step 1. Ensure there's a useful iCloud backup for deleted message recovery on iPhone. Go to Settings > your Apple ID > iCloud > iCloud Backups. From here, you'll see all available iCloud backups and the date of your last backup. Ensure there's an iCloud backup containing the deleted messages you want back. Step 2. Factory reset iPhone and erase all current data. Move to Settings > General > Transfer or Reset iPhone > Erase All Content and Settings, and follow the instructions to verify your Apple ID password. Wait for it to fully reset your iPhone and erase everything completely. Step 3. Restore iPhone messages from iCloud backup. When your iPhone restarts, go through the initial setup steps to set it up again. In Transfer Your Apps & Data screen, select From iCloud Backup. Sign in to your iCloud account and choose the most recent backup that includes the messages you wish to recover. Wait for the restore process to complete. This may take some time, depending on the backup size and your internet speed. Once done, open the Messages app to access the retrieved old messages on your iPhone. Retrieve messages from iCloud Messages With iCloud for Messages enabled, your messages will sync across all your Apple devices connected to the same account. Turning off iCloud Messages will delete all iCloud-synced messages from your iPhone. But luckily, you can re-enable iCloud Messages to retrieve messages on your iPhone. Open Settings app on your iPhone and tap your Apple ID > iCloud. Select the Messages option. On Messages in iCloud screen, disable the toggle next to Use on this iPhone, wait for a while, and then turn it back on. If prompted, select Disable and Download Messages. Ensure there's an active network connection, the messages stored in iCloud will be downloaded to your iPhone once again. Retrieve iPhone messages from iTunes backup Similarly, if you've backed up your iPhone with iTunes previously, you're allowed to recover permanently deleted iPhone messages from that iTunes backup. Ensure the iTunes Backup is created prior to the permanent deletion of your text messages, and keep in mind that the process will revert your iPhone to the state at the last backup any changes and newer data since that backup will be replaced. Steps to restore deleted messages from iTunes backup: 1. Open iTunes on your computer and link your iPhone using a suitable USB cable. TIP: The Finder app has replaced iTunes since macOS 10.15. If you're using Windows or macOS 10.14 and earlier, continue with iTunes. 2. When the device icon appears, click it in the left-corner of iTunes window. If you cannot find the phone icon, reconnect your device, unlock it and allow for Trust option. 3. Scroll down till the Backups section and click on Restore Backup button. 4. In the pop-up prompt, select the iTunes backup that stores the messages you've deleted. Unplug the device after restoration; then find all recovered messages on your iPhone when opening the Messages app. It also works if you're looking to recover iMessages from iPhone. Additional tips: What can't I find deleted messages on iPhone? If you're unable find your deleted messages in your iPhone, it's likely due to several reasons: Messages deleted before iOS 16 Apple has introduced Messages app's Recently Deleted folder in iOS 16. If your messages are deleted before upgrading to iOS 16, you won't be able to find and recover them. Messages permanently deleted after 30 days If your iPhone messages are not recovered within the Recently Deleted period (up to 30 days), they will be permanently deleted. However, there are still chances that you can perform a full scanning on your iPhone to find the permanently deleted messages in its deep internal storage. Messages hidden on iPhone If your text messages are not showing up in iPhone's conversation list, they may hide in the Unknown Sender folder in the Messages app. You may open the Messages app and tap the Filters in the upper-left corner, then choose Unknown Senders to see all text messages from the number that aren't saved as your contacts. Text messages overwritten by new data The worst thing is that the iPhone messages have been overwritten by new data already. If so, the only solution to recover these deleted iPhone messages is by restoring them from a previous iCloud backup or iTunes backup that's created before the permanent deletion. FAQs: Find and recover deleted iPhone messages Hopefully, the options in this guide can help you find and recover the deleted messages on your iPhone, whether with or without a backup. If you still cannot find your recently or permanently deleted text messages, the following FAQs may be of use: Q1: Are deleted messages on iPhone permanently gone? No, the messages deleted from iPhone are not gone permanently. Instead, they move to the Recently Deleted folder in Messages app for additional 30 days before permanent removal. Even they are permanently deleted after 30 days, they still linger on iPhone's internal storage until being replaced by other new data. Q2: Where does iPhone store deleted messages? In iOS 16 and newer versions, iPhone stores the deleted messages in the Recently Deleted folder within the Messages and keeps them for up to 30 days before permanently deleting them. Even after permanent deletion, the messages will still hide on iPhone's internal storage until other new data overwrites them completely. Q3: How to find the hidden text messages on iPhone? To find hidden messages on iPhone, check the Unknown Sender folder and Recently Deleted folder in Messages app's Filters (or Edit) list first. Alternatively, to find the hidden messages that are deleted from Recently Deleted folder, you may use a powerful scanning like iPhone Data Recovery to scan the entire storage of your iOS device deeply and completely, locating all hidden text messages that are still recoverable. Q4: Can I find the permanently deleted messages on iPhone and recover them without a backup? Yes, by using efficient tools like iPhone Data Recovery, it's easy to find permanently deleted messages and recover them directly from your iPhone without needing a backup. The process is quite simple and straightforward: Run iPhone Data Recovery on a Mac or Windows PC. Connect the iPhone via a compatible USB cable. In Recover from iOS Device mode, click Start Scan to perform a deep iOS scanning. When scanning results display, navigate to Messages option. Preview and select which conversations you prefer to get back. Click on Recover button to retrieve all selected messages. iPhone I accidentally permanently deleted a message and want to get it back but know how to. iPhone 11, iOS 16 Posted on Aug 12, 2023 6:49 AM Reply Posted on Jan 30, 2024 12:32 PM Recovering permanently deleted messages on an iPhone can be challenging, as iOS does not have a built-in feature to retrieve messages that have been permanently deleted. However, here are some potential steps you can take: Check iCloud or iTunes Backup: If you have regularly backed up your iPhone using iCloud or iTunes, you might be able to restore your device to a previous backup that includes the messages you want to recover. Keep in mind that this will replace your current data with the data from the backup. Restore from iCloud: If you use iCloud for backups, you can erase your device and restore it from an iCloud backup. To do this, go to Settings > [your name] > iCloud > Manage Storage > Backups. Choose the relevant backup and restore your device. Restore from iTunes: If you have an iTunes backup, you can connect your iPhone to your computer, open iTunes, and choose to restore your device from a backup. Third-Party Data Recovery Software: There are third-party tools available that claim to recover deleted data from iPhones. These tools may require a subscription or one-time payment. However, be cautious while using such tools and ensure they are reputable and have positive reviews. Contact Apple Support: If the messages are of critical importance, you can contact Apple Support for assistance. They may be able to provide guidance on whether there are any additional options available. Check Other Devices: If you use iCloud for Messages, check your other Apple devices (iPad, Mac) to see if the messages are still available there. Messages synced through iCloud should be accessible on multiple devices. Review Archived Conversations: Sometimes, messages may not be deleted but rather moved to an archived conversation. Scroll through your Messages app to check if the messages are in any archived conversations. It's essential to note that once messages are permanently deleted, the chances of recovering them are limited. Regularly backing up your iPhone is a good practice to avoid data loss in the future. Always be cautious when using third-party tools and consider the potential risks associated with data recovery methods. Aug 12, 2023 6:56 AM In response to korianah To learn how to retrieve a deleted message or conversation if you were using iOS 16 or iPadOS 16.1 or later, read this support article --> Recover deleted text messages on your iPhone or iPad - Apple Support How to retrieve a deleted message or conversation 1. In Messages, tap Edit on the conversations page. If you previously turned Message Filtering on, the Edit button doesn't appear. Instead, tap Filters on the conversations page. 2. Tap Show Recently Deleted [trash icon]. 3. Choose the conversations with the messages you want to restore, then tap Recover. On the conversations page, tap the conversation that includes messages you want to recover. 4. Tap Recover Message or Recover [Number] Messages.You need iOS 16, iPadOS 16.1, or later, you can recover messages and conversations that you deleted within the last 30 to 40 days. Typically if you delete something from a "Recently Deleted" folder that means it is gone for good. Permanently means permanently. Jan 30, 2024 12:36 PM In response to onlinebillexpert onlinebillexpert wrote: Check iCloud or iTunes Backup: If you have regularly backed up your iPhone using iCloud or iTunes, you might be able to restore your device to a previous backup that includes the messages you want to recover. Keep in mind that this will replace your current data with the data from the backup. If someone is using iCloud Syncing for Messages, messages are not part of an iCloud back up. Contact Apple Support: If the messages are of critical importance, you can contact Apple Support for assistance. They may be able to provide guidance on whether there are any additional options available. No, Apple cannot recover permanently deleted messages. Check Other Devices: If you use iCloud for Messages, check your other Apple devices (iPad, Mac) to see if the messages are still available there. Messages synced through iCloud should be accessible on multiple devices. If someone is using iCloud Syncing for Messages, deleting them on one device deletes them on all synced devices so this makes no sense. Review Archived Conversations: Sometimes, messages may not be deleted but rather moved to an archived conversation. Scroll through your Messages app to check if the messages are in any archived conversations. It's essential to note that once messages are permanently deleted, doesn't have a way to "archive" conversations. Jan 30, 2024 12:26 PM In response to Equalized Permanently deleted means just that. Permanent. There is nowhere to go for something which has been permanently deleted. If it's just one message and you were communicating with, ask them to forward the message back to you from their end if they haven't permanently deleted it. Jan 30, 2024 12:20 PM in response to korianah That does not work to extract permanently deleted conversations that were sent to the trash bin. This thread has been closed by the system or the community team. You may vote for any posts you find helpful, or search the Community for additional answers. How do I get back permanently deleted messages Select version: Modifying this control will update this page automatically Welcome Whats new in iOS 18 Work with text and graphics Compass Get music, movies, and TV shows Get ringtones Manage purchases and settings Get started with Photos View photos and videos See photo and video information Find your photos and videos Customize the Photos app Filter and sort the photo library Back up and sync your photos and videos Delete or hide photos and videos Search for photos and videos Get wallpaper suggestions Watch and personalize memories Make stickers from your photos Duplicate and copy photos and videos Merge duplicate photos and videos Import and export photos Shortcuts Tips Use iPhone with iPad, Mac, and Windows devices Restart, update, reset, and restore Safety, handling, and support Copyright and trademarks You can recover deleted text messages you deleted on your iPhone. You can restore messages you deleted on your iPhone for up to 30 days. If you use Messages in iCloud, recovering a message or conversation on your iPhone recovers it on all your devices where Messages in iCloud is on. See Keep your messages up to date with iCloud in the iCloud User Guide. Deleting and recovering messages changes only your own Messages conversations where you signed in to the same Apple Account, not those of your recipients. Once you recover a blocked conversation whose participants haven't all turned on iMessage, incoming messages will no longer be automatically delivered. Helpful? Thanks for your feedback. Jay Taylor Last Updated: Jul. 01, 2025 Whether your texts are deleted by mistake or due to system issues, PhoneRescue for iOS can recover them, with or without a backup. Free DownloadGet it now Your iPhones Message app stores vital texts and iMessages worth keeping. But what to do if you mistakenly deleted the messages while cleaning your iPhone storage, or you accidentally lose all text conversations after an iOS update, iPhone restores or device jailbreak, etc? So youmay wonderCan I recover deleted text messages oniPhone? Well, the answer is YES on most occasions. But how to retrievedeletedtext conversations exactly?How to get back deleted texts with or without a backup? Here in this post, keep reading and you canfind an answerHow to Retrieve Deleted Text Messages on iPhone Can I Recover Permanently Deleted Text Messages on iPhone?If you have backed up your iPhoneDefinitely, there is a chance torecover permanently deleted iPhone messages. By restoringiTunes and iCloud backup, you canundelete messages on your iPhone. If you haveaccess to the backup that contains the deleted messages, messages on your iPhone in this situation. And now, based on the possible situationswhere you may be stuck, we have collected 6 practical methods to help you get back deleted text messages on your iPhone. All methods support all iPhone models, including the newest iPhone 16 series.Retrieve Deleted Text Messages Messages Apple iOS 16, iPadOS 16.1, or later, you can recover conversations and messages you deleted in the Messages app. Here is how to do it quickly:Step 1. Open Messages App,tap Edit on the conversations page.Step 2. Then on the conversation page, choose one of the option to execute:TapEditin the top-left corner, then tapShow Recently Deleted.Tap Filtersin the top-left corner, then tapRecently Deleted.Step 3.Choose the conversations with the messages you want to restore, then tapRecover.Recover Deleted iPhone Messages without Computer2.Recover Permanently Deleted Text Messages with Professional ToolThe easiest way to recover permanently deleted messages on iPhone is using an iPhone data recovery tool. PhoneRescue for iOS is highly recommended for permanently deleted messages recovery without backup.It offers you 3 recovery modes all in one place: Recover from iOS Device, Recover from Backup, and Recover from iCloud. These threeRecovery Modes ensure you the highest rate of recovery.Recovering from the iOS Device enables you to directly get deleted/lostmessages back from your iPhone or iPad. The steps aresimple & quick, with no tech skills needed. iPhone Messages, includingWhatsApp messages, can be recovered on this occasion.Besides, you canpreview and choose messages to recoverwith more flexibility.So, if you want to retrieve deleted text messages on iPhone without backup, Phonerescue for iOS is the first choice on device jailbreak, etc? back.Step 1. Download PhoneRescue for iOS to your PC or Mac computer, and install and run it. Step 2. Connect your iPhone to the computer using a USB cable, choose Recover from iOS Device andclick Right Arrow to continue.Choose Recover from iOS DeviceStep 3.Check the Messages category and click Okay to scan only the deleted messages on iPhone.Choose Messages to ScanStep 4.Preview and recover deleted text conversations. After scanning, you can see the text conversations below. Check the items that you want to recover, and click the To Computer or To Device button toretrievethem back to your computer oryour iPhone.Preview and Choose to Recover Texts to Computer or iPhoneHow to RecoverPermanently Deleted Messages on Computer1. Recover from iTunes Backup with PhoneRescue for iOSAs we mentioned before, PhoneRescue for iOS also allows you to recover messages from iTunes backup or another backup on computer. Compared to iTunes /iCloud, PhoneRescue enables you to preview the contents in the backup files and restore only the deleted messages to your iPhone with no need to reset your iPhone. Besides, it can also automatically compare the data between iPhone and its backup to accurately find what youve lost. Even you can save them as printable documents like HTML.Step 1. Download PhoneRescue for iOS to your computer, install and run it on your computer.Step 2. Select Recover from Backup will help you get data back from iTunes or other backups on the computer, and then click the right arrow at the bottom right corner of this screen.Step 3. Select iTunes backup based on size, created time and iOS version to find where the deleted texts are stored. If you click the Only Scan Backup button, PhoneRescue will scan and display all data in the backup. However, if you click the Compare button, PhoneRescue will compare data located in the backup with data in your device. And then it will only display data that dont exist in your device.Compare iTunes BackupStep 4. Check Messages to continue. You can check Select All or only Messages and click OK to scan all text messages and iMessages on iTunes backup.Choose Messages in iTunes BackupStep 5. Preview all messages conversations on your iTunes backup, select the messages you want to retrieve, and click To Device to restore the deleted messages to your iPhone or choose to recover to your computer.2. Recover Backup and start to restore messages from iTunes backup, select the that the iTunes backup contains the deleted messages that youve lost or deleted, this would perform to restore the deleted messages on your iPhone. But restore willerase the contents on your iPhone, and you should Log in with your Apple ID and password.Now you should Log in with your Apple ID and password, PhoneRescue will extract data from photos, contacts, and everything will be restore from iCloud backup to your device. Please turn off Find My iPhonebefore the restoration.If you are not sure whether the iTunes backup contains the deleted SMS or iMessage, you can use some ofthe best iPhone backup viewers to have a look at the content in the backup files.1. On Windows PC and macOS Mojave and earlierOn the Windows PC or macOS Mojave and earlier you can use iTunes to restore iPhone messages:Step 1. Run iTunes and connect the iPhone to the computer.Step 2. Click Summary and click Restore Backup.Restore iPhone Messages from iTunes Backup 3.Choose a backup and click Restore to start.Select iPhone backups to restore your deleted messagesStep 4.Click Restore to restore the deleted messages on macOS Catalina and laterYou can use Finder to restore your iPhone deleted messages on macOS Catalina and later.Use iMove to restore your Mac computer. Open Finder and find your iPhone under Locations.Click on your iPhone andchooseManage Backups to select a backup you think will contain the deleted iPhone messages, then click OK.Then click on Restore iPhone to start to restore your iPhone backup.Restore iPhone Messages with FinderFurther Reading: Fix iTunes Preparing iPhone for Restore Stuck >How to RetrieveiPhone Texts from iCloud BackupVia iTunes/iCloud BackupLocalSimilar to iTunes restore, this method will also erase your iPhone, and then put all things from the iCloud backup to your iPhone. If you are sure thereare deleted messages stored in the backup, you can now follow us to restore the iPhone from iCloud here.Recover Deleted TextMessages from iCloud BackupHere is how toretrieve iPhone messages from iCloud backup:Run the Settings app on your iPhone, go to General > Reset, and tap Reset All Content and Settings.Input your passcode to continue the erase, and this will delete all media and data and reset all settings.Wait for some time until your iPhone finishes the erase. (The screen will show only the Apple icon).After the erase is finished, now you can start setting up your iPhone. (Language, country, and keyboard)Input password to connect to the WiFi and activate your iPhone. And set up passcode, Touch ID, or Face ID.Input your Apple ID and password. On the App & Data Screen, tap Restore from iCloud backup and then log in to your iCloud.Choose iCloud backup Sign in iCloud in PhoneRescueStep 4. Click iCloud Backup.Choose iCloud BackupStep 5. Download backup based on its created time, size, and iOS versions until Messages topsall message conversation on your iCloud backup, check theitemsyou want to recover, and click To Device to recover them to your iPhone. Or click To Computer to save messages and iMessages to the computer.Recover Messages to iPhone or ComputerFurther Reading: How to Fix iCloud Restore Stuck >Restore iPhone MessageswithiCloud MessagesAfter iOS 11.4, the iCloud Messages features available on all iOS devices, and messages will sync among iOS devices if you are logged in with the same iCloud ID and turn on iCloud Messages. You can see help you into icloud.com, you can save a backup on your iPhone. But restore williCloud.com, you can see your iPhonerestore stuck >Restore iPhone Messageswith iCloud MessagesAfter iOS 11.4, the iCloud Messages features available on all iOS devices, and messages will sync among iOS devices if you are logged in with the same iCloud ID and turn on iCloud Messages. You can see help you into icloud.com, you can save a backup on your iPhone. Tap [your name] and tap iCloud.Disable the Messages app by toggling it off.And then enableMessages again.Go to your Messages app and see the Downloading Messages from iCloud notification under the screen.Recover Deleted Messages with iCloud MessagesRetrieve Deleted Messages via iCloud ProviderThis way depends, but it costs nothing to ask. Someicellular service providers keep your text messages and calls. You can call customer services to have a try. Please be polite and reasonable. Retrieve Deleted Text Messages on iPhone FAQsLooking to bring back lost text messages? These are the most commonly asked questions by users just like you:1. How to recover permanently deleted text messages?Permanently deleted text messages may still be recoverable if you have a previous iCloud or iTunes backup. You can restore your iPhone using the backup that contains the deleted messages.Alternatively, third-party tools like PhoneRescue for iOS can scan your device and retrieve deleted messages even without a backup, depending on how long ago they were deleted.2. How to recover deleted text messages on your iPad?You can restore messages on iPad the same way as on iPhone:Check iCloud Settings: Go to Settings > [your name] > iCloud > Messages to see if iCloud sync is enabled.Restore from Backup: If not synced, restore your iPad from an earlier iCloud or iTunes backup that contains the messages.If no backup is available, try using a tool like PhoneRescue for iOS to scan and recover messages directly.3. How to retrieve deleted text messages by restoring from a relevant iCloud or iTunes backup.If you recently deleted the messages and use iOS 16 or later, you can also check the Recently Deleted folder in the Messages app.For deeper recovery without losing data, tools like PhoneRescue for iOS can scan and recover messages directly.The Bottom LineThe above are all methods we know to recover deleted iPhone messages, you can choose the one you need. If you have any questions about this article or some other iPhone-related problems, please leave a comment. At last, dont forget to download the free trial of PhoneRescue for iOS to have a try!Recover deleted messages Message from iPhone without backup No harm to the existing data and no need to restore your iPhone.Recover iPhone messages from iTunes or iCloud backup directly.Support all iPhone models and iOS versions, 100% clean & safe.Free Download100% Clean & SafeFree Download100% Clean & SafeFree Download * 100% Clean & SafeMore Related Articles Deleting a text message on an iPhone running iOS 17 is a simple process that just requires a few taps. First, open the Messages app and find the conversation that contains the message you want to delete. Then, press and hold the message until a menu pops up. Select Delete from the menu, and confirm your choice if prompted. The message will be removed from the conversation immediately. After you complete the action, the deleted message will no longer be visible in the conversation thread. Its important to note that this action is irreversible, and the message cannot be recovered once its deleted. You can also watch this video about how to delete text messages on your iPhone for more on this topic. Texting has become an integral part of our daily communication, and sometimes we find ourselves needing to delete certain messages from our iPhones. Whether its to clear clutter, erase sensitive information, or simply because its no longer essential for any iPhone user. With the release of iOS 17, Apple has continued to refine the user experience, making it easier and more intuitive to manage your messages. Why is this topic important? Well, in an age where our digital footprint is as significant as our physical one, being able to manage our messages can help protect your privacy and security. Its also relevant for staying organized and keeping our conversations clutter-free. This task is especially pertinent for iPhone users who are often on the go and need to manage their digital communications quickly and efficiently. Before diving into the steps, its important to know that deleting text messages can help free up space on your iPhone and declutter your Messages app. Moreover, its a good practice to regularly delete unimportant messages to keep your conversations organized. Open the Messages app on your iPhone to view your conversations. The Messages app icon typically looks like a white speech bubble in a green square. Youll find it on one of your home screens or in your App Library. Scroll through your list of conversations and tap on the one that contains the message you want to delete. Remember that once you delete a message, its gone for good. So make sure you dont need the message before you remove it. Within the conversation, find the specific message you want to delete. If you have a long conversation thread, you might need to scroll up to find the message. Press and hold the message until a menu appears. Be careful not to press too hard if you have a 3D Touch-enabled iPhone, as it might trigger a different action. In the menu that pops up, tap Delete. After you tap Delete, the message will be immediately removed from the conversation. If prompted, confirm that you want to delete the message. This step is your last chance to cancel the deletion if youve changed your mind. BenefitExplanationFrees Up SpaceDeleting text messages can help free up storage space on your iPhone.Protects PrivacyRemoving sensitive messages can help protect your privacy.Reduces ClutterRegularly deleting unimportant messages keeps conversations clean and organized. DrawbackExplanationIrreversible ActionOnce a message is deleted, it cannot be recovered.Potential Loss of Important InformationAccidental deletion can lead to loss of important messages.Can Be Time-ConsumingManually deleting many messages one by one can be a time-consuming process. When it comes to managing your messages on your iPhone, there are a few more things to keep in mind. For starters, deleting a message from your device does not delete it from the recipients device. So if the message contained sensitive information, you would need to ask the recipient to delete it on their end as well. Also, if youre looking to delete multiple messages at once, iOS 17 has got you covered. You can tap Edit in the top-left corner of the conversation screen, select multiple messages, and then choose Delete to remove them all in one go. Additionally, you can even delete entire conversations by swiping left on the conversation in the list and tapping Delete. Lastly, if youre worried about accidentally deleting important messages, consider backing up your iPhone regularly. This way, you can restore your messages if needed. Open the Messages app. Locate and select the conversation. Find the message to delete. Press and hold the message. Select Delete from the menu. Confirm the deletion if prompted. Once a message is deleted, it cannot be recovered unless you have a previous backup that includes the message. No, deleting a message from your iPhone only deletes it from your device. The recipient will still have the message unless they delete it themselves. Yes, you can enable the Auto-Delete feature in the Messages settings to automatically delete messages after a certain period. You can delete the entire conversation with that sender by swiping left on the conversation and tapping Delete. In conclusion, deleting text messages on your iPhone running iOS 17 is a straightforward process that can help you manage your storage, protect your privacy, and keep your conversations organized. Remember, once a message is gone, its gone for good, so always double-check before hitting delete. And hey, if you ever find yourself in a pickle with an accidental deletion, just hope that you have a backup to save the day. Happy texting and decluttering!Matthew Burleigh has been writing tech tutorials since 2008. His writing has appeared on dozens of different websites and been read over 50 million times.After receiving his Bachelors and Masters degrees in Computer Science he spent several years working in IT management for small businesses. However, he now works full time writing content online and creating websites.His main writing topics include iPhones, Microsoft Office, Google Apps, Android, and Photoshop, but he has also written about many other tech topics as well.Read his full bio here. You can also recover deleted texts under Recently Deleted in Messages. Texts that have been deleted will only stay in the Recently Deleted folder for 30 days. You can also recover recently deleted messages via iCloud, by restoring a previous computer backup, or contacting your carrier. Did you accidentally delete a text message and now you need to get it back? Fortunately, there are several methods to get back deleted text messages, so no need to worry! We'll go over how to retrieve deleted messages if your iPhone is running iOS 16 or newer, plus a few other tips and tricks to recover deleted text messages if you have older software. Retrieve Deleted Text Messages on iPhone Whether you've accidentally deleted an important text or an entire conversation, the iPhone allows you to recover deleted text messages for up to 30 days. Here's how to find deleted messages on your iPhone and easily recover them in the Messages app: Open the Messages app and tap Edit in the top left corner. (If you have Filter Unknown Senders enabled in Settings, this button will say Filters instead.) From the menu that appears, tap Show Recently Deleted. If you don't see this option, then you don't have any retrievable texts. (If you tapped Filters in the step above, tap the Recently Deleted folder.) You'll see a list of conversations deleted within the last 30 days, with the number of days remaining listed on the left. Select at least one conversation you want to recover. Tap Recover to retrieve the deleted conversations. You cannot recover individual texts, so this will restore all texts within the conversation. Tap Recover Messages to restore your deleted messages. Tap Done in the top right corner to return to your main messages screen. (If you have Filter Unknown Senders enabled, tap Filters to return to the folders view.) That's how to find deleted text messages on the main screen of the Messages app. To discover more hidden features on your iPhone, be sure to check out our free Tip of the Day newsletter. This is the only way to retrieve deleted text messages on your iPhone without a backup. If you have backups, you have other options for how to recover deleted iMessages. How to Recover Deleted Text Messages: Other Options How to Retrieve Deleted Messages via iCloud Another way to recover deleted messages on iPhone is via iCloud backups. If you regularly back up your iPhone to iCloud, you should be able to use this method to get deleted messages back. If you're not already, you should definitely be doing regular iCloud backups to ensure you're saving your important data! Restore from Your Computer to Retrieve Deleted Text Messages on iPhone If the previous iCloud method didnt work, theres another way to retrieve deleted text messages on your iPhone using your computer. As long as you have been doing regular backups to your computer, you should be able to access any saved messages via this method. If you havent disabled the feature of the PC / Mac syncing process, so if you dont have access to your text messages here, that could be why. You may want to update these settings so that going forward it's easier to recover deleted text messages on your iPhone. How to Recover Deleted Texts via Carrier or Third-Party Apps In some instances, you can recover deleted text messages by contacting your cellular service provider. They will occasionally have access to a backup if it has not yet been overwritten or updated. However, this will only work for RCS/SMS messages that have been sent or received through your carrier. Your carrier cannot recover iMessages as these are end-to-end encrypted and are also sent through Apple's own servers, not the carrier. Contact Verizon Contact AT&T Contact T-Mobile There are some third-party apps out there that will help you recover deleted files and text messages from your iPhone, but they can be sketchy. Make sure you read the reviews carefully to help you evaluate the legitimacy of any app you are thinking of using. Again, there are no guarantees that your privacy will be protected, so even trusted sources online should be carefully considered before you jump right in out of desperation. Can I retrieve deleted text messages? Yes! You can easily retrieve deleted text messages on your iPhone for free by accessing the Recently Deleted folder in the Messages app. How do I recover deleted text messages on my iPhone for free? The easiest method is to open the Messages app, tap Edit, select Show Recently Deleted, select the conversations you want to restore, and tap Recover. How can I recover deleted messages on iPhone without iCloud? Without iCloud or computer backup. You can also try calling your carrier to see if they can help. How do I find deleted messages on my iPhone without iCloud? Without iCloud, you can still recover recently deleted texts from the Recently Deleted folder in the Messages app. Another option is to try calling your carrier to see if they can help recover your deleted iMessages. Can I undelete a text message? Yes! Open the Messages app, tap Edit, tap Show Recently Deleted, select the conversation you want to restore, and tap Recover. However, using this method, you can only recover conversations, not individual texts within a conversation. Top image credit: Farknot Architect / Shutterstock.com Becca is a blogger, freelance writer, and iPhone addict. She lives in the middle of the Arizona desert with her husband and two boys, and can't imagine life getting any better. Read about her crazy life at MyCrazyGoodLife.com, or connect with her on twitter @BeccaLudlum Learn about Becca This story is available exclusively to Business Insider subscribers. Become an Insider and start reading now. You can retrieve deleted text messages on your iPhone with iOS 16 within one month of deletion. You can also use iCloud, iTunes, or Finder to recover texts if you saved backups to your computer. If else fails, reach out to your mobile carrier they may restore deleted messages for you. Whether you regularly delete your iPhone messages, or recently mass deleted them to free up storage space, you should always take care to save the texts you still need. But if you've accidentally deleted important messages that you meant to keep, don't panic there are a few different ways to recover lost text messages on your iPhone. Here's what you should know. Recover your messages with iOS 16 With iOS 16, you can recover all text messages within one month of deletion. You can do this by navigating to Messages > Edit or Filters > Show Recently Deleted. Click "Edit" or "Filters" and then "Show Recently Deleted." Will Fischer/Insider From there, you will see a list of any deleted messages that are available to recover. You can recover all messages or just certain ones that you select. Quick tip: To make sure you're updated to iOS 16, check out our guide on how to update your iPhone software. If you're able to recover deleted text messages using a recent backup. This will revert your iPhone back to the point when you made that backup, meaning that while it can help you recover the text message, you might lose some other data. To do this: 1. Open the Settings app and tap your name at the top. 2. Select iCloud, and make sure that Messages are turned on in the list of apps. 3.Tap iCloud Backup. Check that your iPhone has been backed up recently. Make sure you've got backups turned on, and you've been saving them. Apple; William Antonelli/Insider 4. Go back to the main Settings app menu and select General, then scroll down and select either Reset or Transfer or Reset iPhone, depending on what iOS version you have. 5. Tap Erase All Content and Settings, then confirm that it's what you want to do. You'll likely have to provide your iCloud password to turn off Find My. 6. Your iPhone will take a few minutes to reset to factory conditions. After that, you'll be brought back up with the iPhone's initial welcome screen. Go through the first few steps, and on the Apps & Data screen, choose Restore from iCloud Backup. Set up your iPhone and restore a backup. William Antonelli/Insider Restore from iTunes or Finder If you backed up your iPhone using iTunes or Finder instead, you can restore from that backup too. This means using iTunes if you have Windows, or Finder if you're on a Mac. To retrieve deleted messages with iTunes or Finder: 1. Connect your iPhone to your computer and open iTunes or Finder. 2. In iTunes, click on the phone icon at the top of the screen and choose Summary from the menu on the left. In Finder, click your phone's name under Locations. Click the phone icon in iTunes or your phone's name under "Locations" in Finder. Stefan Ionescu/Insider 3. Click Restore Backup and your old texts will hopefully reappear on your phone. If they don't, your backup didn't include these texts. Quick tip: If the Restore Backup button is grayed out, click the bubble that says This Computer or Back up all of the data on your iPhone to this Mac. You can change it until you do the restore to this Mac. You can change it back to iCloud afterward. Request deleted messages from your carrier If all else fails, consider reaching out to your phone carrier. Some service lines. Either way, it's a good last-ditch effort to retrieve that deleted message from your iPhone. How to recover deleted text messages on Android iPhones are not the only devices capable of retrieving deleted text messages. You can also do the same on an Android smartphone using other methods. If you own an Android, check out our guide on how to retrieve deleted Android texts. William Antonelli Freelance Writer ExperienceWilliam joined Business Insider in 2019 to help found Tech Reference, a vertical dedicated to answering the internets most common questions about the gadgets they buy. In that role, he helped grow the vertical into a powerhouse that attracted over 20 million pageviews a month. He also wrote and edited one of Business Insiders most successful stories: How to take a screenshot on Windows.William later became one of Business Insider's lead consumer tech reporters, writing roundups and reviews about gadgets ranging from smartphones to gaming PCs. He also established key industry contacts at brands like Apple, Google, Nintendo, and more. He also cited on the Wikipedia page for Among Us, an honor above all others.William's work for Business Insider has included reviewing features and detailing best gaming laptops, publishing previews of new Nintendo games and consoles, explaining the ins-and-outs of the Arizona desert with her husband and two boys, and can't imagine life getting any better. skills.In addition to his work at Business Insider, Williams writing has appeared in outlets like The Guardian, Polygon, Thomson Reuters Context, and more. He's also a regular guest on TV stations like CBS and NBC, where he provides expert analysis on AI, consumer tech, and Silicon Valley moguls.Why you can trust WilliamWilliam believes the goal of journalism should be to tell the truth, not sell products. In his reviews, William never hesitates to call out a products flaws, but he also has no issue complimenting features that genuinely add value.When reviewing a product, William doesnt test it in a vacuum. He tries to incorporate each product into his daily routine to get a better sense of how itll work for the everyday user. And where applicable, he focuses on reader comprehension. The material in explaining complicated concepts in ways that all readers can understand, without losing depth or nuance or his distinctively engaging voice.ExpertiseArtificial Intelligence (AI)Consumer Technology (Laptops, PCs, video games and gaming consoles, smartphones, more)Social Media (TikTok, X, Meta, more)Internet Culture (Memes, influencers, viral trends)DisinformationEducationWilliam graduated from the State University of New York at Geneseo in 2018. There, he studied English, communications, and adolescent education, alongside preparing for the universitys radio and TV stations.Outside workWhen hes not reporting, you can usually find William biking through Central Park, playing video games at home, or listening to music and writing fanfiction. You can contact him at wantonelli1322@gmail.com, visit his official website at williamantonelli.com, or follow him on Twitter @DubsRewatcher and BlueSky @wantonelli.bsky.social. Read More Read less Delete a single conversation by swiping left on it on the Messages app.Tap and hold a single text message to delete it and press delete.Select multiple messages by tapping on them after entering selection mode.Press Edit in the top right corner of the screen to select multiple conversations to delete.1Open your iPhone's Messages app. Do this by tapping the white speech bubble on a green background icon. It should be on one of your Home screens. 2Select a conversation from the Messages menu. If you're already in a conversation, you can tap < in the top left corner of your screen to return to the Messages menu. Advertisement 3Tap and hold a text. Mobile phone repair specialist Josef Storzi suggests "pressing on the message you want to delete and holding it until a small menu pops up."4Select More. According to mobile phone repair specialist Josef Storzi, "There should be an option in the pop-up menu at the bottom of the screen."5Select each message if you wish to delete more. The one you selected initially will be selected by default. A blue checkmark will appear by any messages you select.[1]6Tap the trash can icon. According to mobile phone repair specialist Josef Storzi, "This is in the bottom left corner of your screen."7Tap Delete Message. Your selected message will be deleted immediately. Storzi advises that "you can also delete the entire messages thread by clicking delete all from the top left corner."If you're deleting multiple messages, this option will say Delete [number] messages.1Open your iPhone's Messages app. Do this by tapping the white speech bubble on a green background icon. It should be on one of your Home screens.2Swipe left on a conversation you want to delete. Mobile phone repair specialist Josef Storzi suggests "using your finger to swipe from right to left. A red trash can icon will appear after you do this."3Tap the Delete button that appears. According to Storzi, "Tapping this button will delete the entire conversation that you selected."If you downloaded any media from the conversation to your Camera Roll, it will still be stored there. Advertisement 1Open your iPhone's Messages app. Do this by tapping the white speech bubble on a green background icon. It should be on one of your Home screens. 2Tap the Edit button in the top left corner of the screen. If you have a conversation open, tap < in the top left corner of the screen to return to the Messages menu.You can also press on the message threads at the same time. When you do that, you'll see circles pop up next to all of your message threads.[2]3Select each conversation you wish to delete. Tap on the circles to select each thread.[3]You can also select all message threads quickly by holding down your finger on one of the blank circles and dragging your finger down in a straight line over the rest of the circles. All of the circles you swipe your finger down on will now be selected.[4]4Tap Delete. This is in the bottom right corner of your screen. All selected messages should now be gone. Advertisement Add New Question Question How do you delete individual messages on an iPhone? Josef Storzi Apple & Mobile Phone Repair SpecialistJosef Storzi is an Apple and Mobile Phone Repair Specialist and the Owner of Imobile LA, a mobile phone repair company based in Los Angeles, California. Josef specializes in repairing screens, charging ports, batteries, water damage, speakers, and microphones on all mobile phone brands including Apple, Samsung, LG, Nokia, and Sony. He also specializes in tablet, laptop, and computer repairs as well as the pros and cons of recent mobile software updates. First, open the specific message you want to delete and press on it with your finger. A small menu will appear. From there, click "More," then on the bottom left you'll see a trash can icon. Select that icon to delete any of the messages that have a blue checkmark to the left of them. You can also delete a whole conversation? Josef Storzi Apple & Mobile Phone Repair SpecialistJosef Storzi is an Apple and Mobile Phone Repair Specialist and the Owner of Imobile LA, a mobile phone repair company based in Los Angeles, California. Josef specializes in repairing screens, charging ports, batteries, water damage, speakers, and microphones on all mobile phone brands including Apple, Samsung, LG, Nokia, and Sony. He also specializes in tablet, laptop, and computer repairs as well as the pros and cons of recent mobile software updates. Navigate to the homepage of your messages app, then use two fingers to press gently on two message threads at the same time. You'll see circles pop up next to all of your message threads. Click on the circles for the messages you wish to delete, or swipe down over the circles to quickly select several message threads at once. Once you've selected the messages you want to delete, press "Delete," located on the bottom right. See more answers Ask a Question Advertisement Thanks Thanks Thanks Advertisement Advertisement Josef Storzi. Apple & Mobile Phone Repair Specialist. Expert Interview Josef Storzi. Apple & Mobile Phone Repair Specialist. Expert Interview Josef Storzi. Apple & Mobile Phone Repair Specialist. Expert Interview Josef Storzi. Apple & Mobile Phone Repair Specialist. Expert Interview Josef Storzi. Apple & Mobile Phone Repair Specialist. This article was co-authored by Josef Storzi and by wikiHow staff writer, Jack Lloyd. Josef Storzi is an Apple and Mobile Phone Repair Specialist and the Owner of Imobile LA, a mobile phone repair company based in Los Angeles, California. Josef specializes in repairing screens, charging ports, batteries, water damage, speakers, and microphones on all mobile phone brands including Apple, Samsung, LG, Nokia, and Sony. He also specializes in tablet, laptop, and computer repairs as well as the pros and cons of recent mobile software updates. This article has been viewed 1,772,337 times. Co-authors: 19 Updated: November 5, 2024 Views:1,772,337 Categories: iPhone | Texting PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 1,772,337 times. "Didn't know about the press and hold option. In the past, I was able to delete by double tapping only gives me the choice of attaching a thumbs up, etc. Thanks for this hot "press and hold" tip!"..." more Share your story Accidentally deleting text messages from your iPhone can be a stressful experience, especially if that important information. But fear not, for there is hope! With a few simple steps, you may be able to retrieve those lost messages. In just a few minutes, you'll learn how to navigate your device and potentially recover your precious texts. Before we dive into the steps, lets understand what were trying to achieve here. We will be attempting to recover deleted text messages that may have been overwritten by new data. Our goal is to retrieve these messages before theyre gone for good. Go to the Messages app and check the Recently Deleted folder. Some iPhone models have a Recently Deleted folder where texts remain for up to 30 days after deletion. If your phone has this feature, recovering your texts could be as simple as selecting them and hitting Recover. If your texts aren't in the Recently Deleted folder, the next step is to restore your iPhone from an iCloud backup. This will only work if the backup was made before you deleted the texts and you havent backed up your phone since. Restoring from a backup will replace the current data on your phone, so be sure to back up new data first. As a last resort, consider using a third-party app designed to recover deleted data. There are several apps out there that claim to be able to retrieve deleted texts. While results may vary, they could be worth a shot if the above methods dont work. Just be sure to do your research and pick a reputable one. After completing the steps, you should have retrieved your deleted text messages. If not, they

may have been overwritten by new data and are, unfortunately, likely unrecoverable. Always back up your iPhone regularly to prevent data loss. Avoid using your iPhone for new data if you want to recover texts to prevent them from being overwritten. If you plan to use a third-party app, choose one with good reviews and a track record of success. Be aware that some third-party apps may not be secure, so consider the risks before using them. Remember that success in retrieving deleted texts can never be guaranteed, so manage your expectations. If the backup was made before the messages were deleted, then yes, you can restore your iPhone to that backup to recover them. If the backup was made after the deletion, then no, those messages will not be in the backup. Yes, restoring from a backup will replace all current data on your iPhone with the data from the backup. Some third-party apps may not be secure and could potentially lead to data breaches. Always research the app thoroughly before using it. Theres no set time, as it depends on how much new data is being generated. To increase the chances of recovery, try to retrieve deleted texts as soon as possible. Without a backup, your only option is to try a third-party recovery app. However, theres no guarantee of success. Check the Recently Deleted folder. Restore from an iCloud backup. Restore from an iTunes backup. Use a third-party app. Retrieving deleted text messages from an iPhone can be a simple process if you quickly and follow the right steps. Whether its checking for a Recently Deleted folder, restoring from a backup, or turning to a third-party app, there are multiple avenues to explore. The key is to regularly back up your iPhone to avoid such predicaments in the future. Remember, even with the best technology at our fingertips, some things cant be retrieved once theyre gone. So, take this experience as a learning opportunity to safeguard your digital data moving forward. If you ever find yourself in a similar situation again, youll know exactly how to retrieve deleted text messages from your iPhone.Matthew Burleigh has been writing tech tutorials since 2008. His writing has appeared on dozens of different websites and been read over 50 million times.After receiving his Bachelors and Masters degrees in Computer Science he spent several years working in IT management for small businesses. However, he now works full time writing content online and creating websites.His main writing topics include iPhones, Microsoft Office, Google Apps, Android, and Photoshop, but he has also written about many other tech topics as well.Read his full bio here. Text messages have a reputation for being informal and inconsequential, but you might have really critical information in there. So, if youve deleted some texts to clear up space on your iPhone and accidentally got rid of one thats important, or wiped your iPhone and discovered your messages were no longer there when you recovered it, dont panic! Theres a chance you can see your deleted texts and retrieve your deleted texts. The process has six potential avenues that we cover below. None of these are guaranteed to work, but if youre desperate, theyre worth a shot. An iPhone data recovery software helps to recover deleted text messages on your iPhone or iPad, compatible with any iOS version. With 3 simple steps, all lost iOS data gets back, and iPhone or iPad issues are solved like locked or disabled mode, iOS upgrade or downgrade problems, stuck white screen, and other data loss scenarios. Now 25% OFF Exclusive Code: MACWORLD25RECOVER IPHONE MESSAGE ON MACLEARN MORE The first option is the easiest. You can see your deleted text messages as long as its been less than 30 days since you deleted them, so well start with how to see your deleted messages. On your iPhone open Messages. If you have a message open, tap on the back arrow at the top left of the screen. Tap on Filters (top left). Tap on Recently Deleted. There you have it, all your recently deleted messages. Hopefully the one you want is there. Now well run through how to recover your deleted or lost messages. Foundry Option 1: Recover deleted texts from Recently Deleted Heres what you need to do to recover a deleted message from Recently Deleted: Open Messages Tap on Filters (top left) Tap on Recently Deleted You will find messages that were deleted in the past 30 days here. To recover one tap on it. Now tap on Recover and that message will move back into your conversation list. Foundry If its been longer than 30 days and isnt in the Recently Deleted folder or you lost the messages due to a failed update or something you didnt do, dont panic! There are still numerous ways to recover your missing messages via a backup. If you back up regularly via iCloud on your device, Finder on your Mac, or iTunes on your PC, your texts wont be gone forever. Here are several ways to recover that lost text you want to get back: Option 2: Recover deleted texts from an iCloud backup If you have an iCloud backup from before the time when you deleted the text, youshould be able to get it back by restoring your phone to that iCloud backup. Just note that you will lose anything since you made that backup! 1. IDG Open Settings, tap on your Apple ID card at the top, select iCloud > Manage Storage > Backups. 2. IDG Youll see a list of backups for your devices and can tap on the one for your iPhone to see when it was last backed up prior to when you deleted the messages. 3. IDG Now comes the annoying part. Youll have to reset your iPhone to factory settings and set it up again, choosing to restore from your iCloud backup during the process. Note that youll lose all your data from the time after the backup, so I hope those texts really are important! To reset your iPhone go toGeneral > Transfer or Reset iPhone > Erase All Content and Settings. 4. Foundry Once your iPhone restarts and begins the setup process, choose to restore from an iCloud backup and select the backup that is dated prior to when you erased your text message. Option 3: Recover deleted texts from an iTunes or Finder backup If you dont want to rely on automatic iCloud backups, or dont have enough iCloud storage space for them, you can back up your iPhone to your Mac using Finder (or to your PC or Mac with macOS Mojave or earlier that still have iTunes). Just as with the iCloud method, this requires having a backup from before you deleted the message and the resetting your phone, restoring from that backup. Youll lose everything from after the backup. So, export and save separately any recent files you want to keep. Connect your iPhone to the Mac or PC containing the backup(s). Open Finder on Mac, or iTunes on PC. In iTunes, you should see an iPhone icon appear in the top left-hand corner. Select it. In Finder, select your device from the lefthand menu bar. Now choose Restore backup. In Finder, youll find this option under the General tab. All the data you previously backed up will now replace the data on your iPhone with the backup. It will take a few minutes. As long as you havent backed up since deleting those text messages, they should now appear in the messaging list on your phone. Option 4: Retrieve deleted texts using iCloud merge There is a method thats brilliant if it works, since it doesnt require a complete reset. Its called iCloud Merge, but weve had mixed reports on how successful it can be. For reasons that remain unclear, in certain territories and for certain phone operators, iCloud simply doesnt back up SMS messages. So try the first two steps to see if youre one of the lucky ones, and jump ahead to the next method if youre not. Log into iCloud.com using your Apple ID and password. Click on Text Messages. (If this option isnt visible, your messages havent been backed up hereso you might as well skip to the next method.) Search the messages to find the ones you need. Now go to your iPhone and choose Settings > [your name] > iCloud. Turn off Messages in iCloud (you may have to select Show All under Apps Using iCloud). Youll see a popup. Select the option to Keep On My iPhone. Now turn text messages back on. Tap Merge, then wait. After a few minutes the deleted text messages should reappear on your iPhone. Your cell provider might keep a record of text messages you send, at least for awhile. If youve deleted a text message that isreally critical, you might be able to call your carrier to get a copy of it. Note that this will only work for SMS text messages (green bubble conversations), not iMessages (blue bubble conversations). Every iMessage is encrypted on your device and not decrypted until it reaches the recipient, so your carrier wouldnt be able to help you recover them. In order to get a record of texts from your carrier, you will probably need to jump through a bunch of hoops to prove your identity or even get permission from the other person you were texting. And most carriers only keep records of SMS messages for a limited timeyoure not likely to ever be able to recover a message from a year ago. But as a last resort, getting a copy of your SMS messages from your carrieris a possibility, and its worth calling the customer support number to ask about it. Option 6: Restore deleted texts using a third-party app There are quite a few third-party software tools that promise to let you restore deleted data on your iPhone, including deleted texts. Its a bit of a risktheyre almost never free and theres no guarantee theyll even work. But if youve exhausted all other options, and its really important, it might be worth a shot. Much of the time, a deleted message on your iPhone is actually still there in the flash storage, waiting to be overwritten by new data. If thats the case, one of these programs might be able to restore it. See our round up of the best iPhone data recovery apps in which we recommend the Dr. Fone, Stellar Data Recovery and MobiSaver among others: Other software options with a good reputation online are PhoneRescue and Tenorshare UltData. Bear in mind that none of these methods are foolproof. If you dont have a backup you can restore from before the time you deleted your text message, theres only a very slim possibility of ever getting it back. So the most important piece of advice is: dont leave important information in your text messages! Copy that data somewhere more secure and resilienta place with its own independent cloud-based backups. See our guide to the best cloud storage solutions for Apple users. If youve accidentally deleted a text message on your iPhone, theres no need to worry. You can recover it using the Recently Deleted folder in the Messages app, which allows you to restore deleted texts within the last month or so. Losing an important text can be upsetting, but there are ways to retrieve it. Whether by using Apples Recently Deleted folder, restoring from a backup, or utilizing third-party tools, you have options to recover your lost messages. Keep in mind that the sooner you act after deleting a message, the better chance you have of successfully recovering it. This feature was introduced with iOS 16 and functions similarly to the trash can on a computer. Any deleted message goes into this special folder for a period of time, typically around 30 to 40 days, before being permanently deleted. To use this feature, simply open the Messages app, locate the Recently Deleted option, choose the texts you want to keep, and tap Recover. Its a straightforward process that can be a lifesaver if you accidentally delete something important. If youve accidentally deleted a text message on your iPhone, dont panic! Apple provides a built-in safety net called the Recently Deleted folder. It stores deleted messages for a certain period, giving you a chance to recover them. Open the Messages app. Tap Edit in the top left corner. Select Show Recently Deleted. Choose the conversation containing the deleted message. Tap Recover to restore the message to its original conversation.Deleted messages remain in the Recently Deleted folder for up to 30 days. You need iOS 16 or later to access this feature. If you deleted the message before updating to iOS 16, you cant recover it using this method. If the message is no longer in the Recently Deleted folder or youre on an older iOS version, consider these alternatives: MethodDescriptionProsConsiCloud BackupRestore your iPhone from an iCloud backup that predates the deletion.* Can recover multiple messages and other data * No additional software required* Replaces all current data with the backup * Requires a stable internet connectionThird-Party Data Recovery SoftwareUse specialized software to scan your iPhones storage for deleted data.* May recover messages even without a backup * Offers preview function* Can be expensive * Success rate varies * Potential security risksContact Your CarrierSome carriers store text message records. Contact them to see if they can retrieve the deleted message.* May be able to recover older messages* Not all carriers offer this service * May require a fee MethodRequirementsRecovery WindowNotesRecently Deleted Folder (iOS 16+)iPhone with iOS 16 or laterUp to 30 daysSimplest method for recent deletions.iCloud BackupiPhone backed up to iCloudUp to 365 days (depending on backup plan)Requires restoring entire phone from backup, erasing current data.iTunes BackupiPhone backed up to iTunesUp to 30 days (unless manually archived)Requires restoring entire phone from backup, erasing current data.Third-Party Data Recovery SoftwareVaries depending on softwareVaries depending on softwareOften risky and unreliable, may require jailbreaking iPhone (which voids warranty). Recover Recently Deleted Messages Additional Notes: Recovering deleted messages is not always guaranteed,especially for older deletions or if the device has been overwritten with new data. Before attempting any data recovery methods,its important to back up your iPhone to avoid further data loss. Third-party data recovery software should be used with caution,as some tools may be scams or contain malware. To avoid future message loss, consider: Regularly backing up your iPhone to iCloud or a computer. Being cautious when deleting messages, especially in bulk. Using third-party messaging apps that offer cloud syncing or message archiving.iPhones have a Recently Deleted folder to recover texts Deleted messages stay in this folder for 30-40 days Users can easily restore texts through the Messages app iPhone users have several ways to get back deleted text messages. These methods use different tools and backup sources to restore lost conversations. iCloud backups offer a simple way to recover deleted texts. To use this method, you need to have iCloud backups turned on before you lost the messages. Go to Settings and tap your name. Choose iCloud and make sure Messages is on. Next tap iCloud Backup. Pick a backup from before you deleted the texts. This method replaces all your current data with the backup. Its best to use when you want to restore many messages at once. Data Recovery iTunes and Finder can help recover texts on Windows and Mac computers. Connect your iPhone to your computer with a USB cable. Open iTunes or Finder and select your device. Choose Restore Backup and pick a backup from before you deleted the messages. This will replace all current data on your iPhone with the backup. Make sure to back up your current data first so you dont lose any new info. Third-party apps can sometimes recover texts without a backup. These apps scan your iPhones storage for deleted data. Be careful when choosing an app. Only use trusted sources to avoid security risks. Some popular options include Dr. Fone and PhoneRescue. These apps may cost money and dont always work. Theyre best as a last resort if you dont have a backup. Getting back deleted text messages on your iPhone is possible. There are a few ways to do this depending on your backup settings and the tools you have. Open Settings on your iPhone. Tap your name at the top. Select iCloud, then iCloud Backup. Check if your iPhone has a recent backup. If yes, go to Settings > General > Reset. Choose Erase All Content and Settings. Follow the setup steps. When you get to the Apps & Data screen, tap Restore from iCloud Backup. Pick the most recent backup. This method will replace your current data. Make sure you have a new backup before you start. Connect your iPhone to your computer with a cable. Open iTunes (on Windows or older Macs) or Finder (on newer Macs). Select your iPhone when it appears. Click Restore Backup. Pick the most recent backup that might have your deleted texts. Click Restore and wait for the process to finish. Your iPhone will restart. Keep it connected until it syncs with your computer. Download a trusted recovery app like PhoneRescue or Dr.Fone. Install it on your computer. Connect your iPhone with a cable. Open the app and follow its steps. These apps can often find deleted texts even without a backup. Be careful when using third-party apps. They might cost money and theres no guarantee theyll work. Always read reviews and do research before using one. This section covers some common inquiries about retrieving deleted messages on iPhones and iPads, providing clear guidance for those who need to recover their iMessages. To recover deleted text messages on an iPhone, users can utilize the Recently Deleted feature within the Messages app for texts deleted within the last 30 to 40 days, provided they have iOS 16 or later. They can tap Edit and then select Show Recently Deleted. For Android devices, users should check if their phone has a backup service like Google Drive. If backups were enabled prior to deleting the messages, they can restore their messages by recovering the relevant backup. Permanently deleted messages on an iPhone can often be recovered by restoring from an iCloud or iTunes backup that occurred before the deletion. This involves erasing the device and then using the Restore from Backup option. If theres no backup available, third-party recovery software might be able to help, although their effectiveness isnt guaranteed. Users should research and choose reputable software to avoid potential data loss. Once iMessages have been permanently erased and do not exist in any backup, they are typically unrecoverable. Its crucial to back up regularly to prevent permanent loss. To recover deleted iMessages, users can go to the Messages app, tap Edit, and choose Show Recently Deleted. This feature is available for messages deleted within the last 30 to 40 days on devices with iOS 16 or later. If you havent backed up your messages, you might still be able to recover recently deleted texts directly from the Messages app. Some iPhones allow you to recover messages deleted within the last 30 days by going to the Messages app, tapping Edit, and selecting Show Recently Deleted. Yes, its possible to recover iMessages after an iOS update, particularly if the messages were backed up before the update. You can restore your device from an iCloud or iTunes backup to retrieve these messages. When recently deleted messages arent appearing, ensure your device runs the latest iOS version. If the messages still dont show, you may need to reset your device to factory settings and then restore from a recent backup. Permanently deleted messages that are no longer in the Recently Deleted folder and without a backup can be challenging to recover. In some cases, third-party recovery software may be able to assist but is not guaranteed and should be used cautiously. Once iMessages have been deleted and are past the 30-day recovery window without any backup, they are generally considered irrecoverable. However, theres always a slim chance that professional data recovery services might recover them, though this is often a costly and uncertain process. Android users would typically recover deleted texts by restoring their device from a Google Drive backup. Alternatively, some third-party software solutions claim to recover deleted data from Android devices, but their effectiveness varies. Explore this post with: ChatGPT Perplexity Grok Google AI It was only yesterday that I was clearing out space on my iPhone and deleted some old text messages. However, I instantly regretted doing so, as a few message conversations were important. Thankfully, I knew a few tricks, using which I quickly retrieved those deleted texts and conversations. If you, too, are looking to get back your deleted text messages with or without backup, you are at the right place. Keep reading to learn how to retrieve deleted text messages on your iPhone. 5 ways to recover deleted text messages on an iPhone From restoring the iPhone using iCloud backup to retrieving the messages from the Recently Deleted folder, there are various ways you can recover deleted messages on your iPhone. However, each method has its own drawbacks or limitations, so you need to factor that in when choosing one. Starting with iO16, Apple introduced the Recently Deleted folder in the Messages app. You can access this folder to retrieve deleted text messages within 30 days of deleting them. The process works similarly to how you recover deleted photos from the Recently Deleted folder in the Photos app. This is what you need to do: FaceTime Like a Pro: Get our exclusive Ultimate FaceTime Guide absolutely FREE when you sign up for our newsletter below. Open the Messages app on your iPhone. Tap on Filters in the top-left corner. Tap the Recently Deleted tab at the bottom. Next, select the messages you want to recover and hit Recover in the bottom-right corner. Alternatively, you can tap Recover All to recover every message in the Recently Deleted folder. 2. Recover text messages from an iCloud backup While the Recently Deleted folder will help only if you recover the messages within 30 days of deleting them, iCloud backups do not have such a timeline limitation. However, an iCloud backup will only work if it before you deleted the text messages because any message deleted after you took the backup will not be part of it. You can check when the last iCloud backup was taken on your iPhone like this: Open the Settings app and tap your profile at the top to access your Apple account settings. Now, tap on iCloud. Next, tap the iCloud Backup tab on the subsequent menu. Then, select the device under the All Device Backups section. Here, you can see the date on which you took the last iCloud backup. If the last backup date is before your deleted text messages on your iPhone, then you can restore the messages using the iCloud backup. However, the only drawback with this method is that you will lose all the data on your iPhone created after the backup. So, it is important to make a wise decision in this case. 3. Retrieve deleted texts from a Finder or iTunes backup Due to the limited 5GB free iCloud storage, I regularly back up my iPhone on my Mac. So, if you are like me and have a backup of your Mac before the message deletion date, you can easily restore that backup and retrieve deleted text messages on your iPhone. However, like the iCloud backup method, all your latest iPhone data will be lost. Connect your iPhone to the Mac using a MFi-certified USB cable. Next, open the Finder and select your iPhone in the left window pane. Navigate to Backups under the General section. Next, click on the Restore Backup button. Select the backup you want to restore. Finally, click the Restore button to confirm and begin restoring the device. 4. Recover deleted text messages on an iPhone using third-party apps If you do not have an iCloud backup containing the deleted messages or a Finder backup, you can use third-party data recovery software like Dr.Fone or PhoneRescue. Such software can scan your iPhone and help you recover deleted messages on your iPhone. However, I recommend you thoroughly check what service each software offers to make a sound buying decision. A few selected mobile service carriers keep the encrypted copy of your text messages stored in their servers. So you can contact your carrier and check with them to see if they can help you recover the messages on your iPhone. However, this depends upon the region you reside in, as not all countries allow carriers to do so. Nevertheless, there is no harm in trying. Restoring deleted messages is easy Losing important message conversations is a frustrating experience. However, with the methods detailed in this guide, you can easily overcome the frustration and recover deleted messages on your iPhone. Also, you must have understood the importance of iPhone backups by now, so always keep your iPhone backed up to get your lost data back. If you still have some doubts, you can comment below. Well be happy to help. FAQs Can I recover deleted text messages even if I dont have a backup?You can recover the deleted text messages from the Recently Deleted folder within 30 days of deleting them. Beyond this time, you will have to use a third-party data recovery software or contact your carrier to recover the deleted messages. How can I prevent accidental deletion of text messages on my iPhone?While you can not prevent manual deletion of messages, you can prevent automatic deletion by openingSettings, heading toAppsMessagesKeep Messages, and selectingForever. Learn more about messaging on an iPhone: Explore this post with: ChatGPT Perplexity Grok Google AI Related Posts

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