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Instagram is one of the most popular social media platforms in the world, and losing access to your account can be a nightmare scenario for many users. Being cut off from your friends and community is one thing, but losing years of photos and videos can be devastating. Fortunately, in most cases it's not that hard to get your Instagram account back. READ ALSO: Instagram Tips and Tricks: Do it for a gram to help you in the process, we've created this handy guide to getting disabled people back, hacked or deleted your Instagram account. Depending on your situation, it may take several days or weeks for your account to recover. Click on the link below to go to the appropriate section for you. Why was my Instagram account disabled? There are a number of reasons why your Instagram account gets disabled, and moderators often go on strike without any warning. You'll know that your account has been disabled because a pop-up message will let you know the next time you try to log in. Note that it is not the same as not having the correct password/user name for your account (wrong password or username). If so, entering your email address or phone number and resetting your password should fix the problem within minutes if you haven't been hacked, which we'll get at the moment. Posting illegal activities, inciting hatred, nudity, or graphic violence, you've disabled your account. Instagram doesn't give exact guidance on why the accounts are disabled, but it says it's the result of a violation of community guidelines or terms of use. Generally, things like illegal activities, hate speech, nudity and graphic violence are grounds for action. Repeat offenders can also find their account permanently deleted without any possible treatment. The good news is that it's not too hard to get back your Instagram account if it's been disabled. It may take a few days, but it's nothing compared to months or years of photos in your account! How to return a disabled Instagram account when you get a terrible message about a disabled account, the first thing the app offers you to do is find out more. This will more or less guide you through the process to get back your disabled Instagram account, although there are a few other tricks that we will get in time. Go through the hints in the app, but keep in mind that to restore your Instagram account you have to go through the appeal process. The only way that happens is if it was disabled by mistake. To say that you regret breaking the rules and promise not to do it again, won't cut it. Be persistent. You can appeal several times a day until you restore your account. Another place where you can appeal is the official contact page. Just fill in the necessary fields and click Send to have your case reviewed. Again, don't apologize as it means you you it's a fault. At some point in the process, you may be asked to send a selfie as a check. You can repeat the appeals process as often as you like until you get a softer moderator. Assuming you intentionally haven't broken any basic rules, it shouldn't take more than a few days to get an answer. Don't be afraid to be persistent and eventually you'll rebuild your Instagram account. How to reactivate your Instagram account a few years ago Instagram added the ability to temporarily disable your account when you need a break from the social networking platform. This can only be done through a mobile browser or computer (not an app), but it will remove all content and appear that the account has been deleted altogether. Read also: How to share an Instagram story made by someone else, it's very easy to get back your deactivated Instagram account. Just log back to any device and your account will be automatically activated. Depending on how long you have been on the sidelines, you may need to agree to any new terms put in place since you left. How to return a hacked InstagramInstagram account are a frequent target for hackers. They may seek access to private accounts while trying to sell their username, or in order to steal your personal data for other nefarious actions. If you suspect that your Instagram account has been hacked, you should take action as soon as possible. The longer hackers have access to your account, the more damage they can do to your privacy and online reputation! READ ALSO: How to secure your android phone and protect your dataFim the first step is to check an email from Instagram that an email linked to your account has been changed. This is the easiest way for hackers to take control of your account, but if you can find email you can cancel the action immediately. If you can't find an email, there's another option to fix it before it's too late. You can request an entry link to send to your phone number instead of the hacker's email address. On the login screen click Get Login Help (on Android) or Lost Password? (on iOS). You can then enter your phone number to have a temporary entry link sent. Follow the instructions from there to regain access. If this restores access to your account, you must immediately change your password and revoke access to any third-party apps. You may also find that you're now keeping an eye on some new accounts, but don't worry about it until your account is protected. READ ALSO: How to set up your settings Instagram, when everything else fails, you can still report a hacked account to regain access. How do I report a hacked Instagram account on the login screen, click Get Help Logging (on Android) or Lost Password? (on iOS). (Android only) Enter your username, email address or phone number and click Next.Tap Need more details and follow the instructions on the screen. As part of this process, you will need to send a photo of yourself with a security code to verify your identity. To minimize the likelihood of hacking again, be sure to include two-factor authentication as soon as possible. Can I return my deleted Instagram account? If you or someone with your login information has deleted your Instagram account, you won't be able to recover it. Because of this, you have to be very careful with sharing information to log in with friends and family. Even though you can't return a deleted Instagram account, you can create a new account using the same email address or phone number. You won't be able to use the same username and you won't be able to recover any followers or images posted. READ ALSO: How to permanently delete your Facebook account For our guide on how to get your Instagram account back! With little persistence, any account that has not been permanently deleted or banned can be restored. Towards the end of each year, it becomes quite common to see your Instagram feed filled with people of the nine most popular posts of the year. It's a fun way to look back at your biggest moments, and thankfully make your own Top 9 a lot easier than you probably thought. First, we need to download an app called Top Nine. Open the Google Play store. Search Top 9. Click on an app called Top Nine for Instagram. Set it up. With Top Nine now set, it's time to actually see what your best posts of the year have been! Use your Instagram username. Use an email address associated with your Instagram account. Click Find My Top Nine. Click Save for photos. Give Top Nine access to your photos/files. Share it on Instagram! This beam of your 9 best photos is saved as a single file, which means you can share it on Instagram as you would with any other photo. What were your best 9 posts of the year? Instagram is one of the most popular apps on the iPhone. The photo-sharing service, which allows users to take pictures and decorate them with filters in one click, has grown to 15 million users, and was recently named Apple's iPhone of the Year app. Android users have been clamoring to get their hands on the service and co-founder and CEO Kevin Systrom has promised that the app is really coming to Google OS. But is there any chance that it could arrive around the same time or even earlier on Windows Phone 7? A source recently left the impression that the Windows Phone team may be working with people from Instagram. Why would Instagram come to an OS with such a low market share? Mainly that it's sexy. And there's a lot of money behind it. Windows 7 offers a beautiful user interface, and not only can any device maker slap it on their hardware. The old efforts of Windows Mobile have suffered from the fact that any hardware provider can be as high-end or as low-end as they like, Microsoft's Joe Belfiore, who oversees software development for Windows Phone, said recently. However, under the new approach to designing Windows Phone 7, devices must operate to certain standards. And it works for Instagram, too, which doesn't want to deal with slow hardware or cheap cameras. In addition, the development of the app for Windows Phone 7 means that Instagram will not have to deal with the fragmentation that comes with dozens of models of Android smartphones. Instagram co-founder and CEO Kevin Systrom has been tight-lily close about the potential pairing with Windows Phone 7. In addition to being pre-announced by Android, we do not comment on the roadmap stuff, he wrote to Fast Company by email. The Windows Phone team was just as vague. We are working with many different developers who have expressed interest in Windows Phone and the capabilities of new Mango tools and platforms are inspiring a new wave of great apps and games, Microsoft said in a statement. The right time to support our platform varies depending on the application and business model, and Microsoft does not comment on rumors or speculation. For most accounts, Microsoft has hit with Windows Phone. Media outfits from Wired to Gigaom being praised as a big draw by CES, while critics from Slate and TechCrunch gushed over its refreshing design. But while Microsoft may have won over critics, it has yet to win over consumers. One of the drawbacks of Windows Phone is the lack of apps, some say. Personally, as far as I would like to switch ... There's one thing that holds me back: apps, writes The New York Times' Nick Bilton. The apps that I use the most on my iPhone, including Instagram, Way, Instapaper and NPR, do not exist for Windows Phone 7. Of course, Microsoft has the incentive to attract big-name apps such as Instagram to its market-Foursquare and Netflix, for example, already offering customers on the phone Mango OS. But the most important thing for app creators is the big marketing push behind Windows-based smartphones. Microsoft has invested heavily in the project, and is said to have sunk more than \$1 billion into Nokia to promote and build its smartphone partnerships. It has also been reported that Microsoft, Samsung and other OEMs could spend up to \$200 million in the next few months marketing Windows Phone. This could translate into huge marketing for apps like Instagram if they were to be shown in any promotions (or presumably written about in any upcoming Windows Phones reviews). After all, given Instagram's interest in scale, the app should be on device than the iPhone if it expects to compete with social networks such as Facebook and Twitter. Not 3 million users, as Kevin Systrom told Fast Company once, 300 million. (Image courtesy of Shutterstock) Shutterstock Shutterstock

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