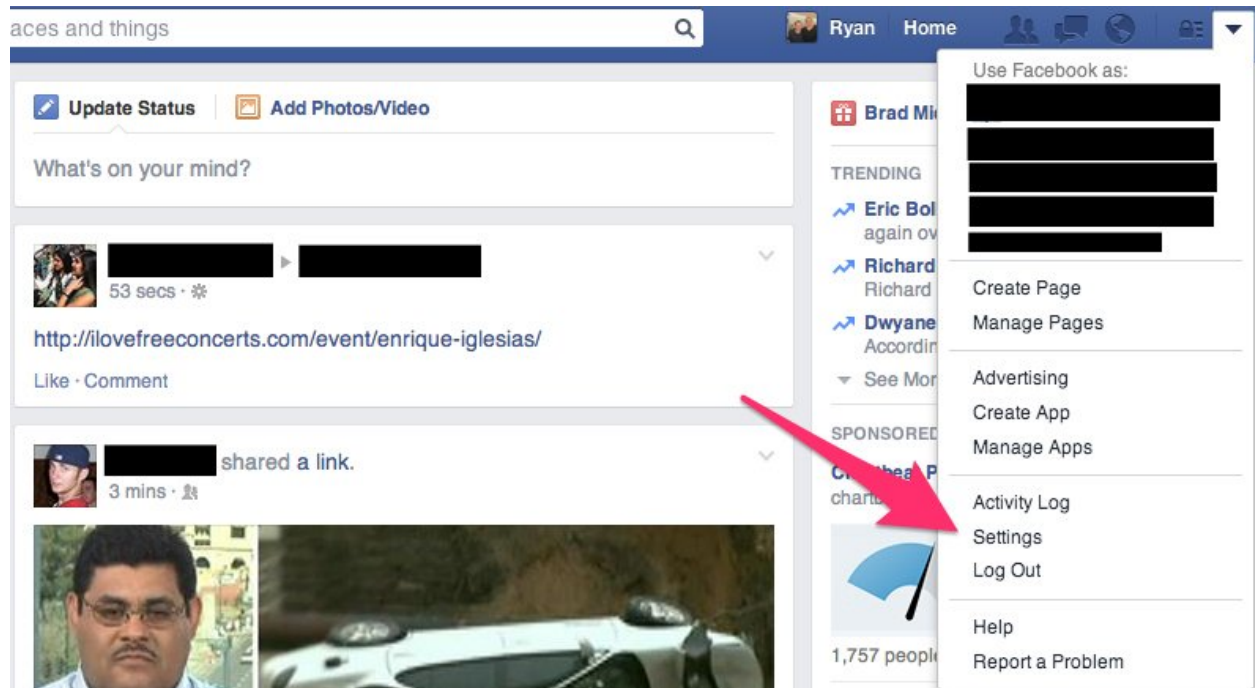# How To Download All Your Personal Data From Facebook

Open your Facebook account and scroll over to Settings.

Screenshot

Go to the bottom of the screen and click on "Download A Copy Of Your Facebook Data."

General Account Settings

Name	Ryan Bushey	Edit
Username	http://www.facebook.com/ryan.bushey.395	Edit
Email	Primary: ryanbsh1@gmail.com	Edit
Password	Updated about 5 months ago.	Edit
Networks	La Salle	Edit
Language	English (US)	Edit

Download a copy of your Facebook data.

Screenshot

You'll be taken to "Download Your Information." Click "Start My Archive."

Download Your Information
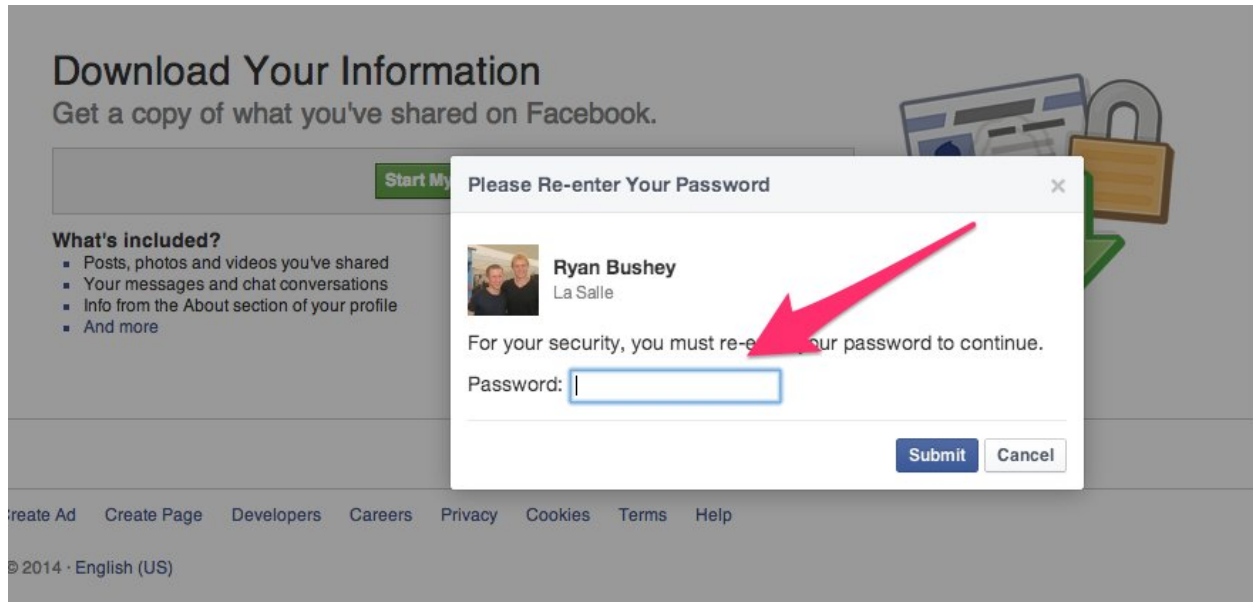Get a copy of what you've shared on Facebook.

Start My Archive

What's included?
- Posts, photos and videos you've shared
- Your messages and chat conversations
- Info from the About section of your profile
- And more

Screenshot

Re-enter your password before the download process
starts. You'll get a warning saying that the download
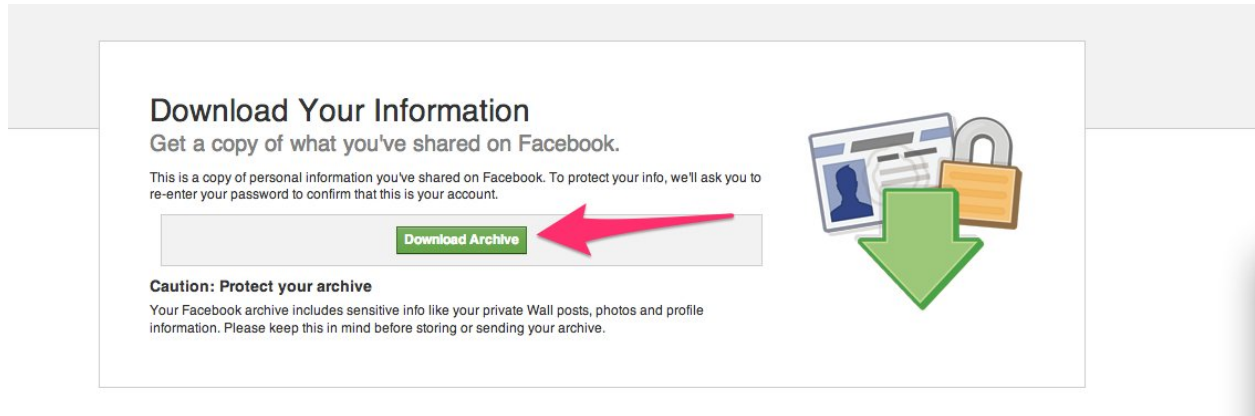process could take a while.

Screenshot

Once the download is finished, Facebook will email you
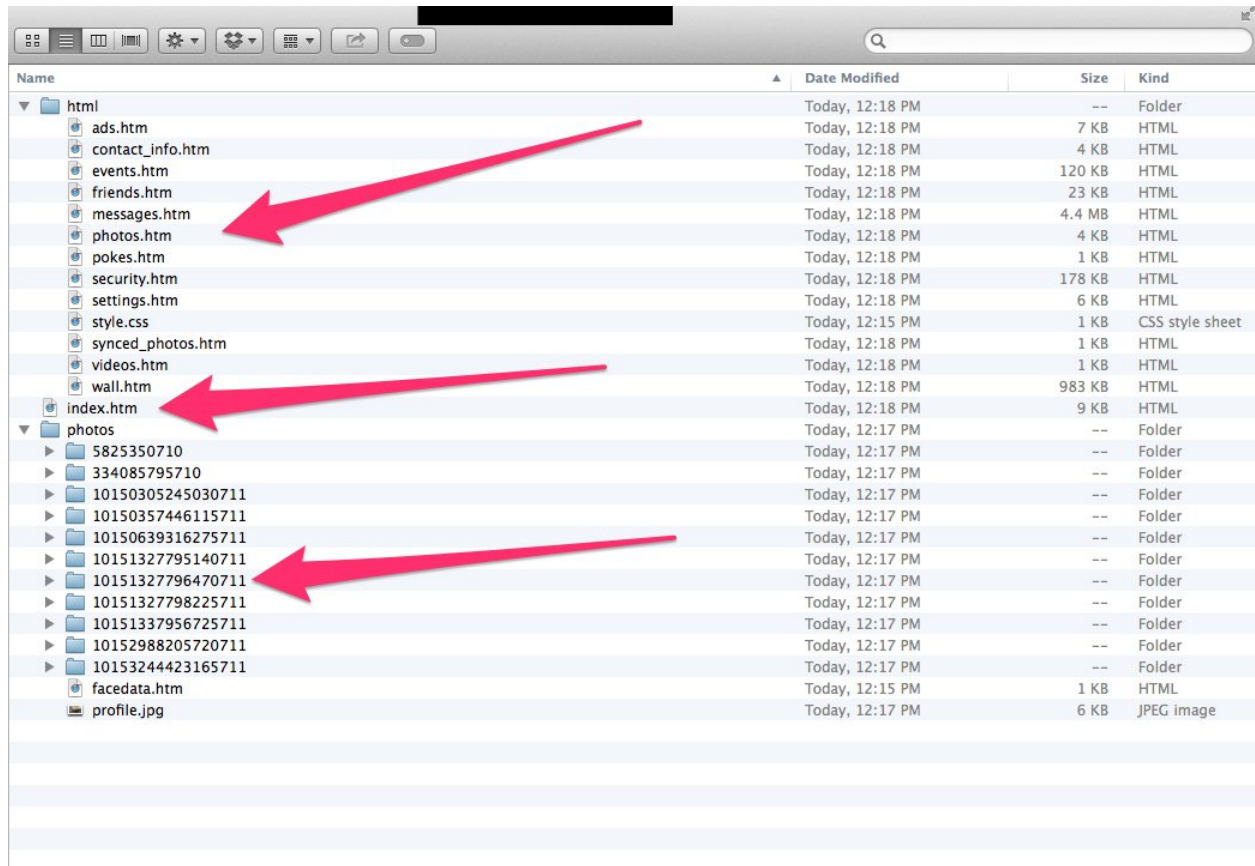with the data. Click on the link below to access it.

Screenshot

You'll be taken back to this page. Click "Download Archive."

The file will be sitting on your computer. Click each option to access different parts of your Facebook profile. You can save this data on your desktop.

Screenshot