

# How to Unfollow Everyone on TikTok Manually

**1** Open the TikTok app on your device.

Tap the profile icon in the bottom-right corner to access your profile.

**2**

**3** Select "Following" below your username to view the list of accounts you're following.

Tap the "Following" button next to each account you want to unfollow. It will change to "Follow," indicating you've unfollowed that account.

**4**

**5** Repeat this process for each account you wish to unfollow.