

# How to See Who You Are Following on Facebook?

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### Quick answer

Facebook allows users to follow profiles, pages, and groups, ensuring they stay updated on content that interests them. Over time, you might lose track of who you are following, which can clutter your News Feed with unwanted posts.

Facebook allows users to follow profiles, pages, and groups, ensuring they stay updated on content that interests them. Over time, you might lose track of who you are following, which can clutter your News Feed with unwanted posts. In this article, we will check the process of viewing, managing, and customizing your following list on Facebook using both desktop and mobile devices.

## Facebook's Following Feature

The following list on Facebook consists of all the profiles, pages, and groups that you have chosen to follow. Unlike friends, whom you connect with mutually, following someone means you see their public posts in your feed without requiring a direct connection. This feature is particularly useful for keeping up with influencers, celebrities, businesses, and news outlets.

## Difference Between Following and Friending on Facebook

- Following : You can see their public posts, but they don't have access to your private posts unless they follow you back.
- Friending : A mutual connection where both parties can view each other's posts based on privacy settings.
- Pages and Public Figures : When you like a page, you automatically follow it.

Your following list significantly influences the content appearing on your News Feed, making it essential to review and manage it periodically.

## How to See Who You Are Following on Facebook

Finding out who you follow on Facebook is simple and can be done on both desktop and mobile devices.

### On Desktop

1. Open Facebook on your desktop and log into your account.
2. Click on your profile picture in the top left corner to visit your profile.
3. Select the Friends tab beneath your cover photo.
4. Click on Following to view all the people, pages, and profiles you are following.

### On Mobile (Android & iOS)

1. Open the Facebook App and log in.
2. Tap on your profile picture in the top left corner.
3. Tap the three-dot menu and select Activity Log .
4. Scroll down and tap on Connections .

5. Select Who You've Followed and Unfollowed to see a complete list of accounts and pages you are following.

6. To check who follows you, follow the same steps and select People Who Followed You .

## How to Manage Your Following List

Regularly updating your following list helps maintain a clean and relevant News Feed. Here's how you can manage it effectively.

### Following or Unfollowing People on Facebook

#### How to Follow Someone

1. Visit the person's profile .
2. Click on the Follow button below their name.
3. Their public posts will now appear in your feed.

#### How to Unfollow Someone

1. Go to their profile .
2. Click on the Following button.
3. Select Unfollow to stop seeing their updates.

Unfollowing someone does not unfriend them but helps declutter your News Feed.

### Customizing Your News Feed Preferences

If you want to control what appears in your feed, Facebook allows several customization options.

1. Go to Settings and Privacy > Select Content Preferences .
2. Adjust settings such as Favorites, Snooze, Unfollow, and Reconnect .
3. Prioritize content from specific users or pages by marking them as Favorites .
4. Use Snooze to temporarily mute posts from specific people or pages.

### Stopping Automatic Following on Facebook

By default, sending a friend request on Facebook automatically follows that person. To disable this feature:

- Manually unfollow them after sending a friend request.
- Adjust News Feed Preferences to prevent auto-following suggested users.
- Unfollow pages when you like or join them.

### How to See Who Follows You on Facebook

If you are curious about who is following your profile, Facebook allows you to check your followers list easily.

#### On Desktop

1. Log in to Facebook and go to your profile .
2. Click on the Friends tab.
3. Select Followers to see a list of users who are following you.

#### On Mobile (iOS & Android)

1. Open the Facebook app and go to your profile .
2. Scroll down and tap See Your About Info .
3. Locate the Followers section and tap See All .

## **Cleaning Up Your News Feed**

If your News Feed is cluttered with irrelevant posts, you can manually adjust it by:

1. Unfollowing accounts or pages that no longer interest you.
2. Hiding specific posts by tapping the three dots on a post and selecting "Hide."
3. Unfollowing multiple users via your following list.

## **Frequently Asked Questions (FAQs)**

### **1. How do I see my following list on Facebook?**

Go to your profile > Friends > Following to check all profiles, pages, and groups you follow.

### **2. Can I stop Facebook from automatically following people?**

Yes, you can manually unfollow people after adding them as friends and modify your News Feed Preferences.

### **3. How can I unfollow everyone at once?**

There is no one-click option to unfollow everyone, but you can manually unfollow accounts through your Following list.

### **4. Can I see a list of all pages I follow on Facebook?**

Yes! Go to your profile, click More > Likes or Following, and you will see all the pages you follow.

### **5. How do I see who follows me on Facebook?**

Visit your profile > Friends > Followers to see who follows you.

## **Conclusion**

By following these steps, you can effectively manage your following list, customize your News Feed, and maintain a clean Facebook experience tailored to your interests. Stay in control of what you see and who you engage with on Facebook!