

How to Log Out of Messages on MacBook: Step-by-Step Guide to Sign Out of iMessage and Stop Receiving Text Messages on macOS

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By Vipin PG | Published March 31, 2026 | Updated March 31, 2026 | Topic: Solution | 2 min read

To stop receiving iMessages on your Mac, open the Messages app, go to Messages > Settings, click iMessage, then click Sign Out and confirm. Apple states that once you sign out of iMessage, you no longer receive messages on that Mac.

1. Open the Messages app on your Mac.
2. In the top menu bar, click Messages > Settings . On some older macOS versions, this may appear as Preferences .
3. Click the iMessage tab.
4. Click Sign Out .
5. Confirm when macOS asks whether you want to sign out.

If You Still Receive Regular SMS Text Messages on Your Mac

Some messages on a Mac are not iMessages. If your Mac is linked to your iPhone for Text Message Forwarding, SMS and MMS messages can still appear on the Mac unless you disable forwarding on the iPhone. Apple says you can review and turn off those forwarding settings from the iPhone.

1. On your iPhone , open Settings .
2. Tap Apps > Messages .
3. Tap Text Message Forwarding .
4. Turn off your Mac in the device list.

If You Want to Stop Only iMessage Without Signing Out of Your Whole Mac

Signing out in the Messages app affects iMessage on that Mac only. It is different from signing out of your entire Apple Account in System Settings, which signs you out of broader Apple services on the Mac.

Use the Messages app sign-out method first if your goal is only to stop Messages on the Mac.

Alternative: Sign Out of Your Entire Apple Account on the Mac

Only use this if you want to disconnect the Mac from your Apple Account more broadly, not just Messages. Apple's steps are below.

1. Open System Settings .
2. Click your name at the top of the sidebar.
3. Click Sign Out .

Quote: Important: If your only problem is Messages appearing on the Mac, do not sign out of the entire Apple Account unless necessary. Signing out in the Messages app is the simpler and safer fix for this specific issue.

Why This Happens

Your Mac receives messages because it is signed in to iMessage with your Apple Account, and it may also be enrolled in Text Message Forwarding from your iPhone. iMessage delivers Apple messages across devices signed into the same account, while Text Message Forwarding sends SMS/MMS from the iPhone to approved Macs and other devices.

- iMessage messages : stop by signing out in the Messages app on the Mac.
- SMS/MMS text messages : stop by turning off Text Message Forwarding on the iPhone.

Fastest Fix

Mac:

Messages > Settings > iMessage > Sign Out

iPhone:

Settings > Apps > Messages > Text Message Forwarding > Turn off your Mac

That combination stops both iMessage delivery and forwarded iPhone text messages on your Mac in the most reliable way based on current Apple guidance.