

# How to Recover Deleted Messages on iPhone

Recovering deleted messages on iPhone can be difficult, but it's not impossible. If you've previously backed up to iTunes or iCloud, you can use these tools. If not, you need a middleware to restore deleted messages on iPhone to computer. Please read the following tutorial and learn each method carefully.

## Use iTunes Backup



**Disable automatic sync function on iTunes.** Open iTunes on your computer. Block the program from automatically syncing with iPhone by going to *Edit* and selecting *Settings* . After the new window appears, select *Devices* and check the box next to "Prevent iPods, iPhones, and iPads from syncing automatically". .

If you don't disable automatic syncing, your iPhone and iTunes will sync as soon as you connect your phone to your computer. If this happens it can affect recovery backups.



**Connect iPhone to computer.** Use a USB cable to connect iPhone to the computer. Wait a moment for your computer to recognize the new device before doing the next step.

Normally, any iPhone purchased brand new or purchased from a trusted store will always have a USB cable included. This cable is similar to the charging cable. Remove the charger to plug it into the computer.



**Restore iPhone from backup.** The simplest way to do this is to go to *File* in iTunes and select *Devices* . From here, select "Restore from Back up".

Alternatively, you can open your iPhone's Summary Tab by clicking the device button in the upper-right corner of the screen or selecting the View menu and *selecting Show Sidebar* . (when the sidebar appears, select iPhone under "Devices"). Once the Summary tab is open, click the "Restore Backup" button in iTunes.

If you have iTunes version 10.7 or earlier, right-click or Ctrl-click the device that appears in the sidebar and select "Restore from Backup" on the menu that appears.

Note that you only do this if you have previously backed up your iPhone to iTunes.



**Allow iPhone to download content.** This process can take several minutes. Once completed, the iPhone has been restored to the old version.

Note that doing this will delete any data added to your iPhone after the previous backup.

## Use iCloud



**Delete data on iPhone.** You access the *Settings* menu and select *General* . From here, select *Reset* and *Erase All Content and Settings* .

This will erase all content on the iPhone. It will be replaced by iCloud backup. Any data saved on iPhone after the previous backup is deleted.



**Select "Restore from iCloud Backup".** After erasing all iPhone content, the device will ask to be set up as new or restored from a previous backup. At this screen, select "Restore from iCloud Backup".

You will be asked to enter your Apple ID and password. Do this to proceed with the recovery process.

Note that this method only works if you have previously backed up your iPhone to iCloud.



**Allow iPhone to download content.** iPhone will automatically restart and data backed up on iPhone will be restored to the device. This process can last for several minutes.

Account setup data will be restored first. Then songs, TV shows, apps, paid books, Camera Roll, and other content (including messages) are restored.

Leave iPhone connected to a power source during the restore process. Do this to save battery.

You may have to enter your Apple ID and password a few times when your account is reactivated.

Check to see if the restore process is complete by going to *Settings* and selecting *iCloud* . From here, select *Storage and Backup* .

## **Use Middleware**



**Download, install and launch data recovery software.** Search for iPhone data recovery software online and visit the manufacturer's website to download it. After downloading the installation file, run the file and follow the on-screen instructions to install the software.

Start the new software after installation.

Note that this is the only way if you have never backed up your iPhone before.

There are many software, but most of them require payment to download the full version. However, you can download a trial version.



**Connect iPhone to computer.** Use a USB cable to connect iPhone to the computer. Make sure your computer can recognize the new device before moving on to the next step.

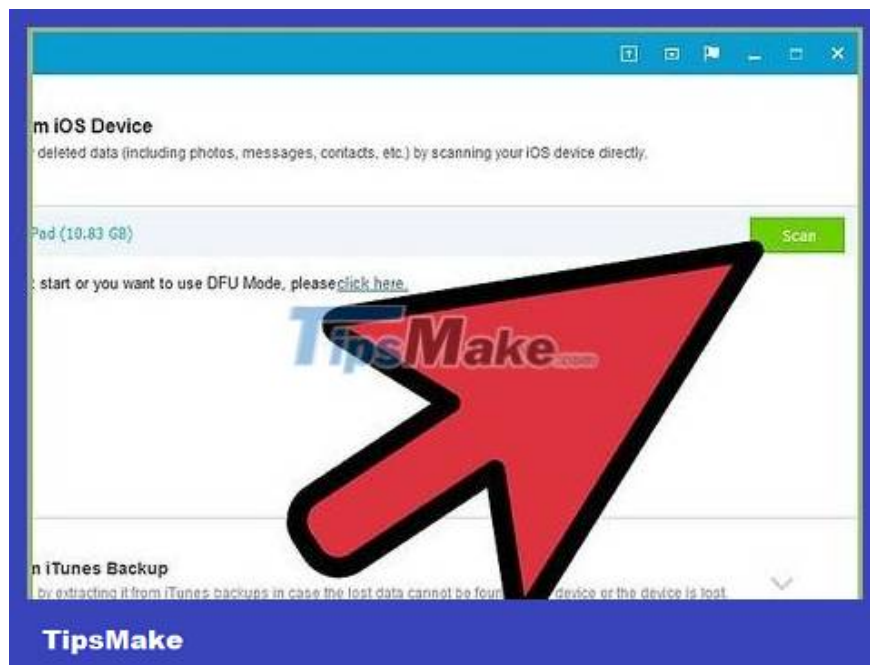
If you buy a new device or buy it from a trusted store, the included accessory will include a USB cable. This cable may resemble a charging cable. If it is that type, remove the charger plug that plugs into the wall to connect it to the computer.



**Switch iPhone to DFU mode.** DFU (Device Firmware Update) mode will completely shut down the device in preparation for data recovery.

Hold the "Home" button and "Power" button on the device at the same time. You need to hold for about 10 seconds.

Release the "Power" button but continue holding the "Home" button for another 10 seconds. Once completed, the Apple screen icon will appear.



**Scan iPhone.** Some data recovery software will scan your device immediately. If this does not happen, you can manually scan the machine by pressing the "Start Scan" button on the computer section.

Some software only scans messages. Others will scan all data.

Even if you delete messages from your iPhone, they don't disappear completely. This operation only clears the data access, but the actual data remains dormant on your device. These software can scan your iPhone, find lost data, and allow you to access them.

Note that this process can take from a few seconds to a few minutes, depending on the amount of data that needs to be sifted.



**Select and restore deleted messages.** Data recovery software on your computer will create a list of deleted messages found on your computer. Check the message box you want to recover. Once selected, press the "Recover" button in the bottom corner of the screen.

After pressing the button, you will be asked to select the data recovery location on your computer. You cannot restore data directly to iPhone.

Most software allows you to preview each message before recovering, so you can choose the right message you need.



**Allow your computer to download content.** After a few minutes, the software will transfer messages from iPhone to the specified location on the computer. You can view the messages.

Once completed, disconnect iPhone and computer. Exit DFU mode by holding down the "Home" button and "Power" button at the same time until the Apple logo appears.

## **Use a Combination of Middleware and iTunes Backup**

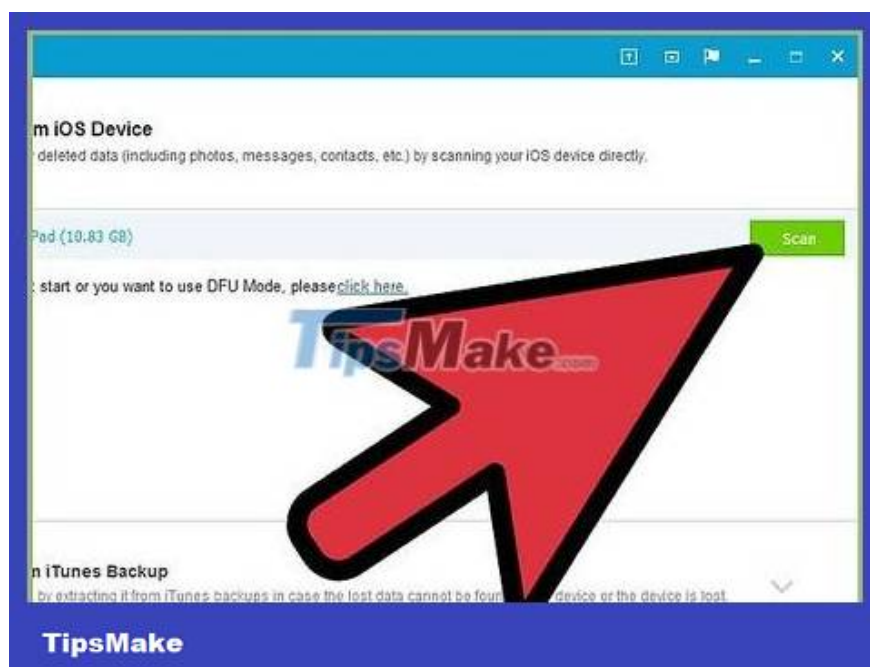


**Download, install, and launch the data recovery software.** You can search online. After selecting the software, visit the manufacturer's website to download the installation file to your device. Run the file and follow the instructions to install the software on your computer.

Note that most recovery software works independently of iTunes backup, but can still be combined with each other.

Start the software on your computer after installing it.

There are many software but most require payment for the full version. You can download the trial version.



**Scan iPhone backup files.** After starting the data recovery software, it will immediately detect the iTunes backup files on the computer corresponding to the iPhone. Select the file and click the "Scan" or "Start Scan" button on the interface.

You need to understand that this method only works if you have previously backed up to iTunes on your computer.

Note that these software can detect the latest iTunes backup files from the computer. You don't need to connect your iPhone to your computer.

If you find multiple backup files, make sure you choose the right one.



**Select and restore deleted messages.** After scanning, the software will display a window containing the recovered data found. Check the box next to the message you want to recover and select the "Recover" button.

After selecting this button, you will be asked to select a location on your computer to copy the data to.

The data found may contain only messages, or both messages and other data.

You can preview messages before choosing to restore.



**Allows downloading content to your device.** Once completed, the selected messages will be restored with intact message content and other specific information, such as the sender's phone number and sending date.

**Recover contacts using the Messages app (Messages)**



**Select the message icon.**



After starting the application, select the 'New message' icon.



In the 'New message' window, in the 'To' field, type the name of the deleted contact in your phonebook.



**Most of the time, contacts will appear even if they are not in your contacts list.**

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