如何从 Facebook 下载 Messenger 消息?

步骤 1. 打开 <u>Facebook</u> 并登录您的 Facebook 帐户。

_____步骤 2. 打开 <u>Facebook 帐户中心</u>,然后点击**下载或转移信息**。

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	or Create new account					

步骤 1. 登录您的 Facebook 帐户





2 步骤 1. 点击**特定类型的信息**。

步骤 2. 向下滚动找到并单击**消息**。然后单击"下一步"。 步骤 3. 选择**下载到设备**。然后单击"下一步"。

步骤 4. 单击**日期范围**,将"去年"更改为适合您需要导出的消息的时间范围,然后 单击"保存"。

单击格式。将"HTML"更改为 JSON,然后单击"保存"。

点击**媒体质量**。更改为您需要的适当值。

单击"创建文件"。

第 5 步: Facebook 需要几分钟时间来处理您的请求。当您的数据准备就绪后, Facebook 将通过电子邮件和 Facebook 网站/应用程序向您发送通知。





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步骤 2. 向下滚动找到并单击"消息"





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步骤 4. 将格式更改为 JSON,并更改数据范围



第5步:等待 facebook 处理您的请求

3 下载完成后,前往 <u>Facebook 帐户中心</u>,您将看到一个标记为 **的条目可用下载**。 单击**下载**按钮将 .zip 文件下载到您的计算机。如果有多个 zip 文件,请确保下载 所有文件。

请输入您的 Facebook 密码。

注意:您下载的所有消息都存储在您的计算机本地,以确保其隐私。只有您有权访问它们。



将 .zip 文件下载到您的计算机

4 Tansee iPhone Message Transfer 或 Tansee Android Message Transfer 可以提取从 Facebook 下载的 zip 文件。

Tansee 可用于将所有 Facebook Messenger 消息(包括所有附件)保存为 PDF 文件。

从 Facebook 下载 zip 文件后,请在<u>此处</u>下载并安装最新版本的 Tansee iPhone Message Transfer。

或者,您可以<u>此处</u>下载并安装最新版本的 Tansee Android Message Transfer。

1. 打开 Tansee iPhone Message Transfer 或 Tansee Android Message Transfer。

- 2. 单击"阅读Messenger 消息"选项。
- 3. 选择包含您的 Facebook 消息的 zip 文件。
- 4. 单击"读取 zip 文件",Tansee 将自动提取并显示您的所有消息。
- 5. Tansee 阅读完您的所有消息后,单击"保存"按钮并选择 PDF 文件格式。

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步骤 3



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