如何從 Facebook 下載 Messenger 訊息?

步驟 1. 開啟 Facebook 並登入您的 Facebook 帳號。

1

步驟 2. 開啟Facebook 帳號中心,然後點選下載或轉移資訊。

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← → C · G facebook.com/	login/	다 ☆ 🛛 😩 :
	Log Into Facebook You must log in to continue. support@tansee.com	
	Log In	
	Forgot account?	
	Create new account	

登入您的 Facebook 帳戶



點擊下載或傳輸訊息

2 步驟 1. 點選**特定類型的信息。**

 步驟 2. 向下捲動找到並點選訊息。然後按一下"下一步"。
 步驟 3. 選擇下載到裝置。然後按一下"下一步"。
 步驟 4. 按一下日期範圍,將「去年」變更為適合您需要匯出的訊息的時間範圍, 然後按一下「儲存」。
 點選格式。將"HTML"更改為 JSON,然後按一下"儲存"。
 點選媒體品質。變更為您需要的適當值。
 按一下「建立檔案」。
 步驟 5: Facebook 需要幾分鐘時間來處理您的請求。當您的資料準備就緒後, Facebook 將透過電子郵件和 Facebook 網站/應用程式向您發送通知。



點擊特定類型的信息

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Learn more	Saved items and collections	\bigcirc			
O Profiles	Voting	\bigcirc			
& Connected experi	Messages May take longer to download	0			
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Password and sec	- "				
Personal details	Next				
Fo Your information a			nce yo	ır exper	riences

向下滾動找到並點擊"訊息"



選擇下載到設備

Accounts Center	x +		_		×
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Accounts Center					
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Profiles	Notify @com	>			
கு Connected experi	Format JSON	>			
Account settings	Media quality High	>	ur apps.		
Password and sec					
	Create files				
Personal details	This file may contain private information. You should keep it secure and tak	e			
Fa Your information a	precautions when storing it, sending it or uploading it to another service.		nce your	experi	ences

將格式更改為 JSON,並更改資料範圍和媒體質量



點擊創建文件

5 下載完成後,前往 Facebook 帳戶中心,您將看到一個標記為的條目可用下載。 點擊下載按鈕將.zip 檔案下載到您的電腦。如果有多個 zip 文件,請確保下載所 有文件。

請輸入您的 Facebook 密碼。

注意:您下載的所有訊息都儲存在您的電腦本機,以確保其隱私。只有您有權存取 它們。



將 .zip 檔案下載到您的計算機

4 Tansee iPhone Message Transfer 或 Tansee Android Message Transfer 可以提取從 Facebook 下載的 zip 檔案。

Tansee 可用於將所有 Facebook Messenger 訊息(包括所有附件)儲存為 PDF 檔案。 從 Facebook 下載 zip 檔案後,請在<u>此處</u>下載並安裝最新版本的 Tansee iPhone Message Transfer。

或者,您可以<u>此處</u>下載並安裝最新版本的 Tansee Android Message Transfer。

- 1. 開啟 Tansee iPhone Message Transfer 或 Tansee Android Message Transfer。
- 2. 按一下「閱讀Messenger 訊息」選項。
- 3. 選擇包含您的 Facebook 訊息的 zip 檔案。
- 4. 點擊"讀取 zip 檔案", Tansee 將自動提取並顯示您的所有訊息。
- 5. Tansee 閱讀您的所有訊息後,點擊「儲存」按鈕並選擇 PDF 檔案格式。

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iOS Device		
No iOS Device Detected		To save your Facebook messages to PDF, you will need to provide two zip files that downloaded from Facebook.
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Read Messenger Messag	ae C'	ZIP File 2: Download End-to-end encrypted messages file from messenger.com. Please disregard this option if you do not have encrypted messages.
		Once you have downloaded the .zip files, click on the 'Next Step' button.
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		https://www.tansee.com/







步驟 3



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