**How to Install and Use:**

1. **Save the files:** Create a folder (e.g., instagram-unfollower) and save the four files (manifest.json, popup.html, popup.js, content.js) inside it. Create the images subfolder and add the placeholder icon files.
2. **Open Chrome Extensions:** Open Google Chrome, type chrome://extensions in the address bar, and press Enter.
3. **Enable Developer Mode:** In the top-right corner, toggle "Developer mode" ON.
4. **Load Unpacked:** Click the "Load unpacked" button that appears.
5. **Select Folder:** Navigate to and select the folder where you saved the extension files (e.g., instagram-unfollower).
6. **Extension Added:** The "Instagram Following Cleaner" extension should now appear in your list of extensions. You'll see its icon (the placeholder you created) in your Chrome toolbar.
7. **Go to Instagram:** Navigate to https://www.instagram.com/ and log in.
8. **Open Following List:** Go to your profile page. Click on the number next to "following". A modal window will pop up showing the list of people you follow.
9. **Scroll Down (Important):** Manually scroll down *inside the modal window* until you've loaded a good portion (ideally all) of the users you want to potentially unfollow. The script tries to scroll, but doing it manually first helps ensure users are loaded.
10. **Click Extension Icon:** Click the "Instagram Following Cleaner" icon in your Chrome toolbar.
11. **Scan:** Click the "Scan Following List" button in the popup. The script will try to find all the loaded users in the modal.
12. **Select Users:** If successful, the popup will display the list of usernames with checkboxes. Check the boxes next to the users you want to unfollow. Use "Select/Deselect All" if needed.
13. **Unfollow:** Click the "Unfollow Selected" button.
14. **Wait Patiently:** The script will now attempt to click the "Following" button, then the "Unfollow" confirmation button for *each selected user*, with significant delays between each action. **Do not close the Instagram tab or the popup while this is running.** Monitor the status message in the popup.
15. **Completion:** Once finished, the popup will show a summary. You might need to refresh the Instagram page or re-scan to see the changes reflected.

**Maintenance:**

* When Instagram changes its website layout, the SELECTORS in content.js will likely become invalid. The scan or unfollow process will fail.
* You'll need to use your browser's Developer Tools (Right-click -> Inspect) on the Instagram "Following" list modal to find the new HTML elements and their corresponding CSS classes or attributes, then update the SELECTORS object in content.js.
* Reload the extension (chrome://extensions/, find the extension, click the reload icon) after saving changes to content.js.

Remember the risks involved and use this tool responsibly and sparingly.