eclaration of Independence, in United States history, a document proclaiming the independence of the 13 British colonies in America, adopted by the Continental Congress on July 4, 1776. The declaration recounted the grievances of the colonies against the British crown and declared the colonies to be free and independent states. The proclamation of independence marked the culmination of a political process that had begun as a protest against restrictions imposed by the mother country on colonial trade, manufacturing, and political liberty and had developed into a revolutionary struggle resulting in the establishment of a new nation.