

5 ways to reset Apple ID password

Forgetting your Apple ID means you will be locked out of Apple devices and services like Apple Music, iCloud, App Store, etc. But don't panic if you forget your password because resetting your Apple ID password is quite simple. simple in most cases.

1. Reset Apple ID on a trusted device

With two-factor authentication (2FA), you can only access your account through devices you trust and on the web.

When you sign in to a new device for the first time, you'll need your password and the 6-digit verification code displayed on other devices or sent to your phone number. You won't need that verification code again unless you sign out, erase your device, or change your password.

Your only other option is to sign in with Apple Passkeys, which requires a trusted iPhone or iPad running iOS 17 or later.

If you have 2FA enabled, you can reset your Apple ID or iCloud password from any trusted device.

On iPhone or iPad

Go to the Settings app on your iPhone or iPad. Tap **[Your Name] > Login & Security** , then select **Change Password** .

Next, enter the passcode you use to unlock your device.

On the Change Password screen that appears, enter the new password in both fields and tap **Change** . You can now enter this new Apple ID password on all your other devices.

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Cài đặt

Q Tìm kiếm



Nguyễn Văn Lâm

ID Apple, iCloud, Phương tiện & Mục mua



Gợi ý về ID Apple

2



Chế độ máy bay



Wi-Fi

META - SP >



Bluetooth

Bật >



Di động

Tắt >



Thông báo



Âm thanh & Cảm ứng



Tập trung



Thời gian sử dụng



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43

< Cài đặt

ID Apple



Nguyễn là

t

@gmail.com



Thông tin cá nhân >



Đăng nhập & bảo mật >



Thanh toán & Giao hàng Khôn... >



Đăng ký >



iCloud

5 GB >



Phương tiện & Mục mua >



Tìm >



Chia sẻ trong gia đình Thiết lập >

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< Quay lại Đăng Nhập & Bảo Mật

Các địa chỉ email và số điện thoại này có thể được dùng để đăng nhập. Mọi người cũng có thể sử dụng các địa chỉ email và số điện thoại này để liên hệ với bạn bằng iMessage, FaceTime, Game Center và nhiều ứng dụng khác.

Thay đổi mật khẩu

Xác Thực Hai Yếu Tố

Bật >

Thiết bị và số điện thoại tin cậy được sử dụng để xác minh nhận dạng của bạn khi đăng nhập.

Đăng Nhập Bằng Apple >

Bạn có thể sử dụng ID Apple để đăng nhập vào các app và trang web.

Khôi Phục Tài Khoản

Cài đặt >

Nếu bạn quên mật khẩu hoặc mật mã thiết bị, bạn có một số tùy chọn để khôi phục dữ liệu của mình.

Người Liên Hệ Kế Thừa

Cài đặt >

Người liên hệ kế thừa là người mà bạn tin tưởng để cấp quyền truy cập vào dữ liệu trong tài khoản của bạn sau khi bạn qua đời.

NÂNG CAO

Tự Động Xác Minh



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Hủy

Thay Đổi Mật Khẩu

Thay đổi

Mới

nhập mật khẩu

Xác minh

nhập lại mật khẩu

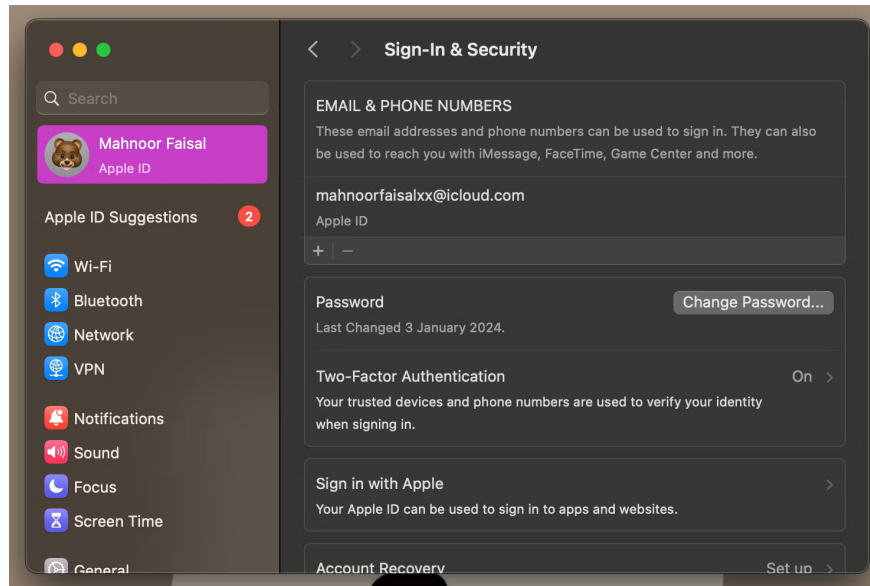
Mật khẩu của bạn phải có ít nhất 8 ký tự, bao gồm một chữ số, một chữ hoa và một chữ thường.



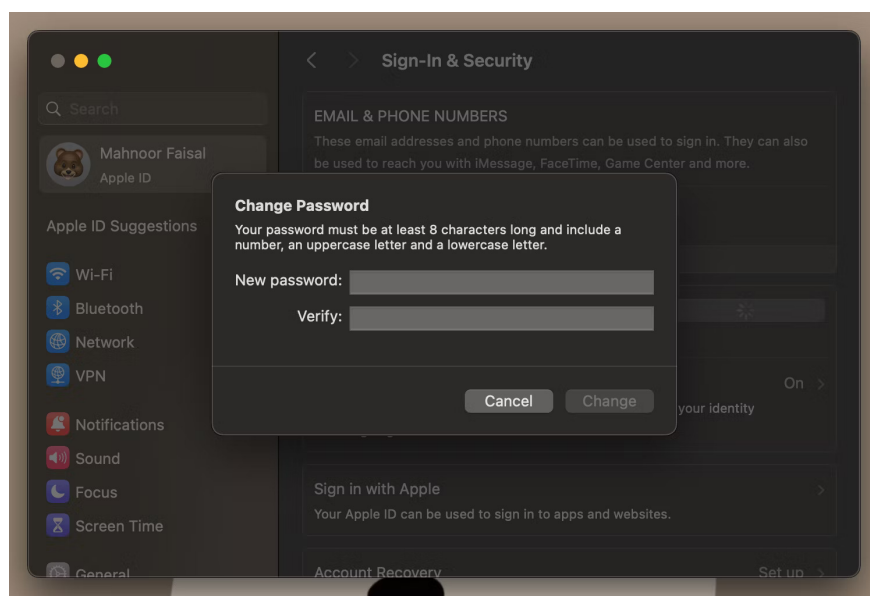
On Mac

In macOS, open the **Apple** menu and go to **System Settings** , then click **[Your Name]** .

Click **Sign-In & Security** , then click **Change Password** next to **Password** . You will be prompted to enter your Mac's administrator password. Once done, click **Allow** .



From the dialog box that appears, enter your new password and re-enter it in the **Verify** field . Then, click **Change** . Your other devices will ask you to enter your new password the next time you use it.



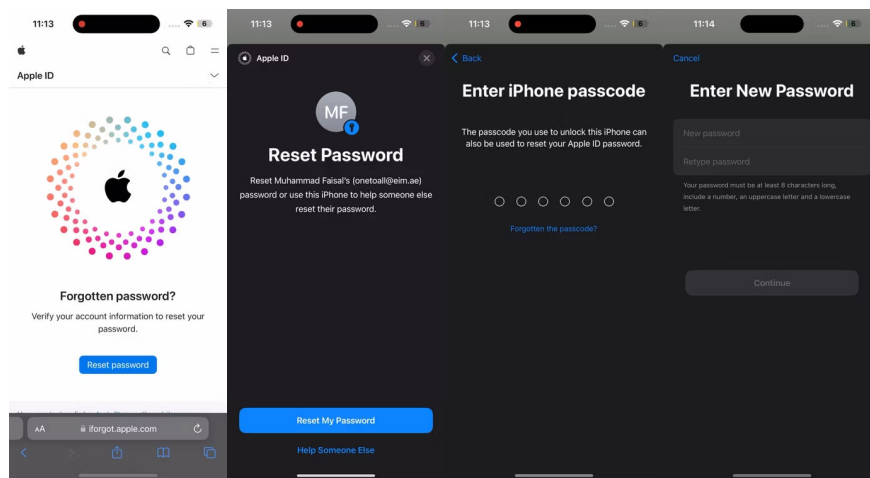
2. Reset Apple ID password through the iForgot website

Another way to reset your Apple ID password is through Apple's iForgot website.

On iPhone or iPad

Here's what you need to do to reset your Apple ID password through the iForgot website on your iPhone or iPad:

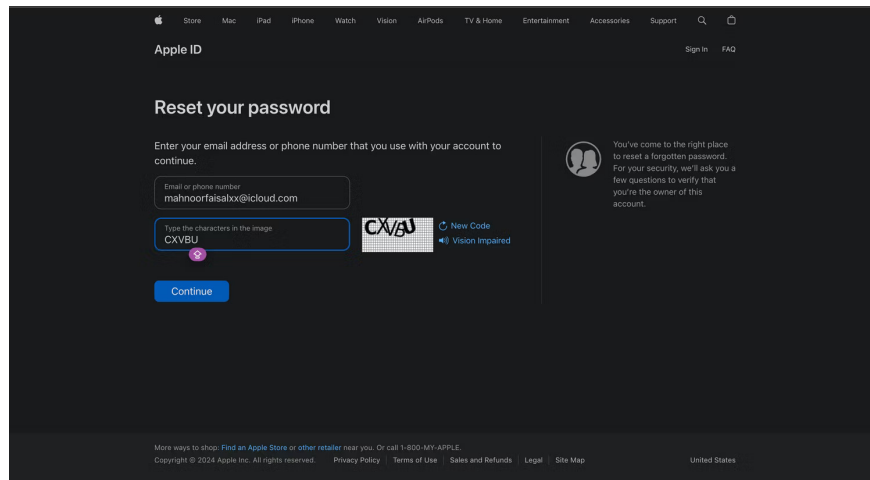
1. Visit Apple's iForgot website.
2. Click **Reset Password** .
3. Now, click on the **Reset My Password** button .
4. Enter your iPhone or iPad passcode to authenticate.
5. Just enter your new password, re-enter it and press **Continue** .



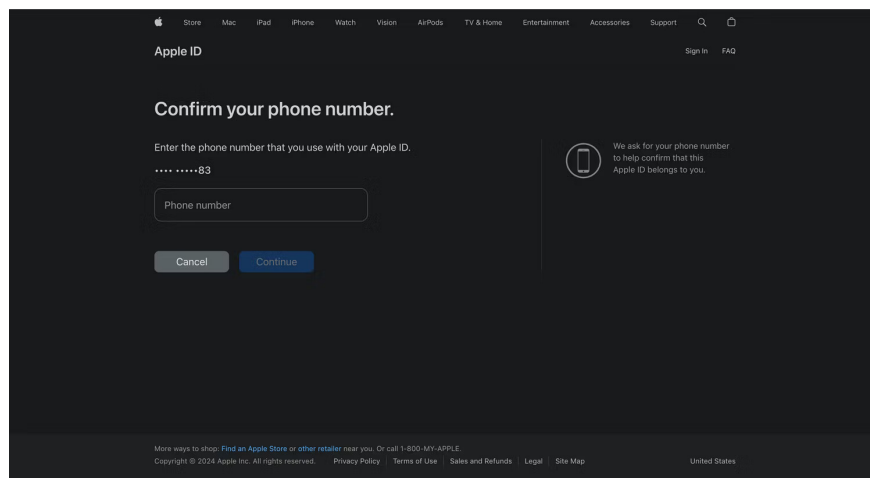
Note : The above steps only apply if you are using a trusted iPhone or iPad. Otherwise, the iForgot website will prompt you to enter a trusted phone number instead of a passcode.

On your Mac, PC, or Android device

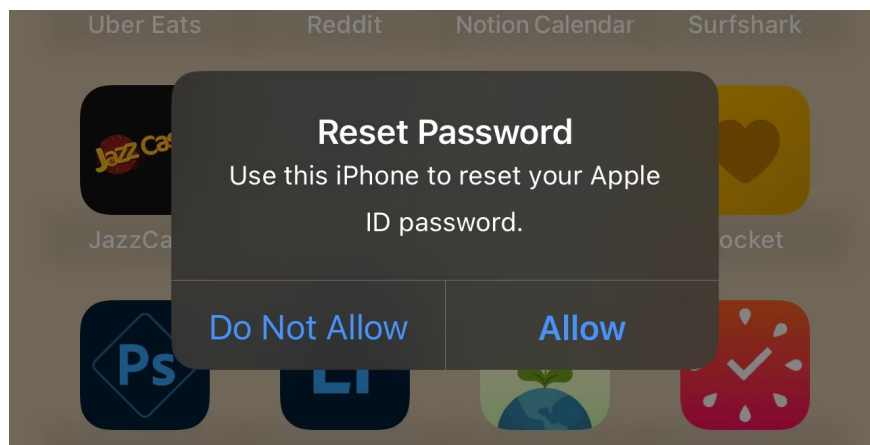
Visit Apple's iForgot website using a web browser and click **Reset Password** . Enter your Apple ID and click **Continue** .



You'll briefly see the phone number associated with your Apple ID (these numbers are hidden and only the last two digits are visible). Enter the full phone number for verification and click **Continue**.



Like 2FA login, a dialog box will appear on your trusted devices. A list of your Apple devices also appears on the website. Click or tap **Allow in the Reset Password** notification.

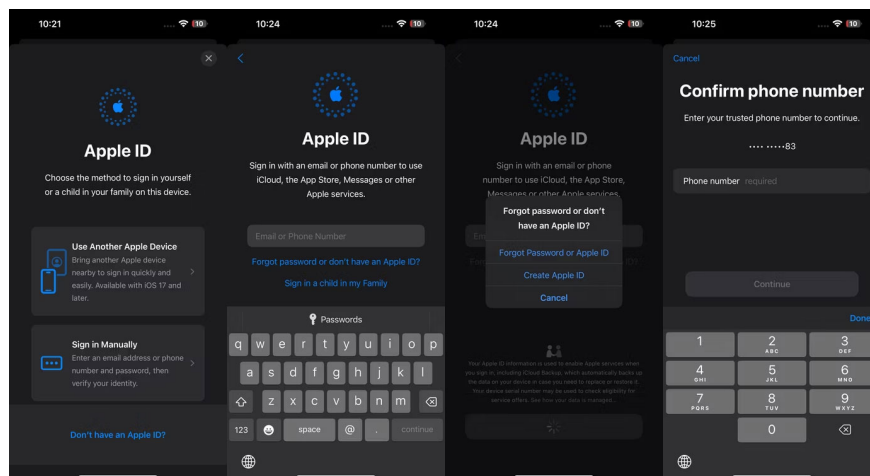


Enter your device passcode or macOS administrator password and click **Continue** . Enter a new password, re-enter it in the **Verify** field , and click **Next** or click **Change** . It is done! You have successfully changed your Apple ID password.

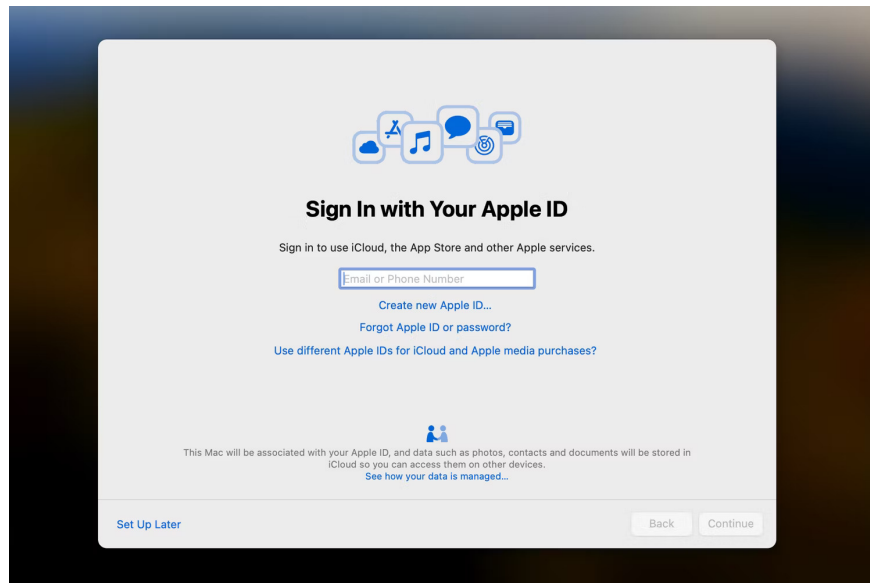
3. Reset Apple ID password on new device

You can also reset your Apple ID password with a new iPhone or iPad by following the steps below:

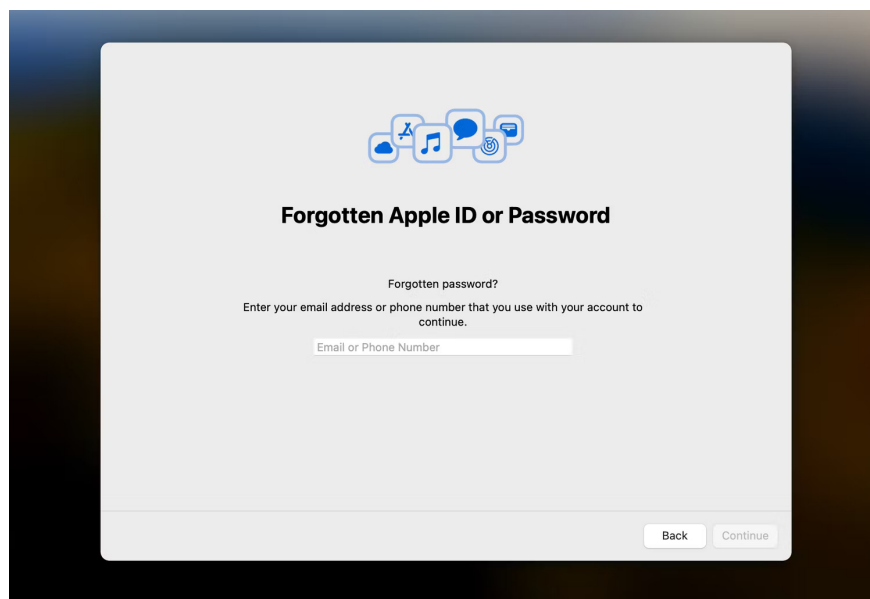
1. If you just set up a new iPhone or iPad, just tap **Forgot password or don't have an Apple ID?** during setup. If not, open the Settings app.
2. Click **Sign in to your iPhone > Sign in Manually** .
3. When prompted to enter the email or phone number associated with your Apple ID, tap **Forgot password or don't have an Apple ID?** . Then, tap **Forgot Password or Apple ID** .
4. Enter the email address or phone number associated with your Apple ID. Now, confirm your phone number.
5. Click **Send code to [Your Number]** . Enter the verification code you received, followed by the 28-character recovery key - if you've enabled it - and tap **Next** .
6. Finally, enter the new Apple ID password and confirm it.



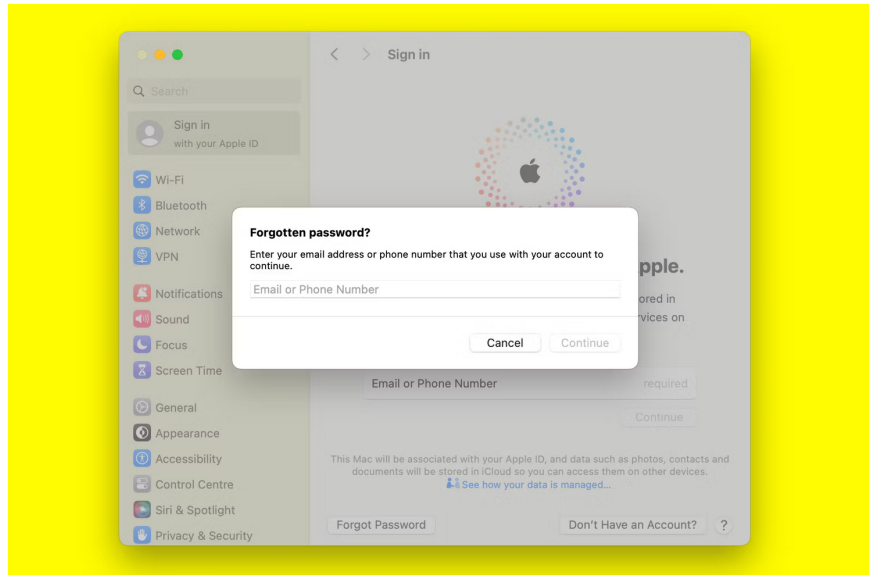
Similarly, if you're signed in to your Apple ID on your new Mac during setup, click **Forgot Apple ID or password?** .



Enter the email address or phone number associated with your Apple ID, then enter your trusted phone number, followed by the 28-character recovery key.



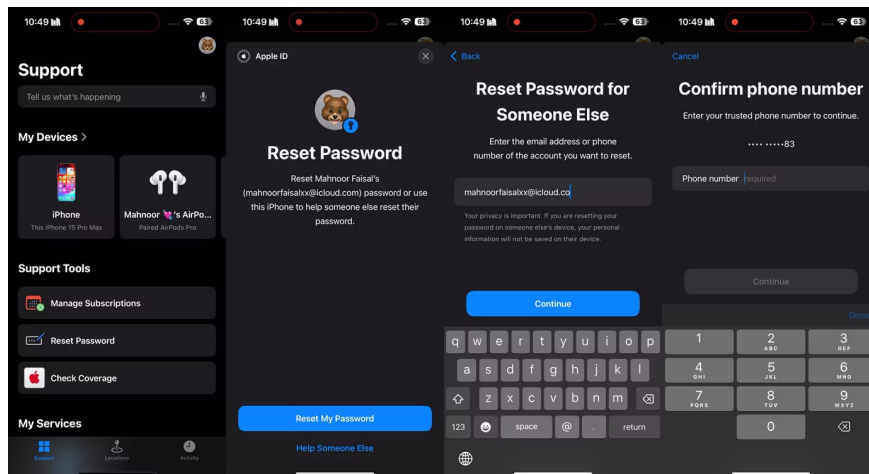
If you're past the setup stage, go to **System Settings** and click **Sign in with your Apple ID** . Click **Forgot Apple ID or Password** and follow the same instructions as above to reset your Apple account password.



4. Reset Apple ID password using someone else's device

If you can't access any of your devices, you can reset your Apple ID password using a friend or family member's iPhone or iPad from the iForgot website or Apple Support app.

First, ask the device owner to download the Apple Support app. In **Support Tools**, click **Reset Password**. Now, tap **Help Someone Else**.



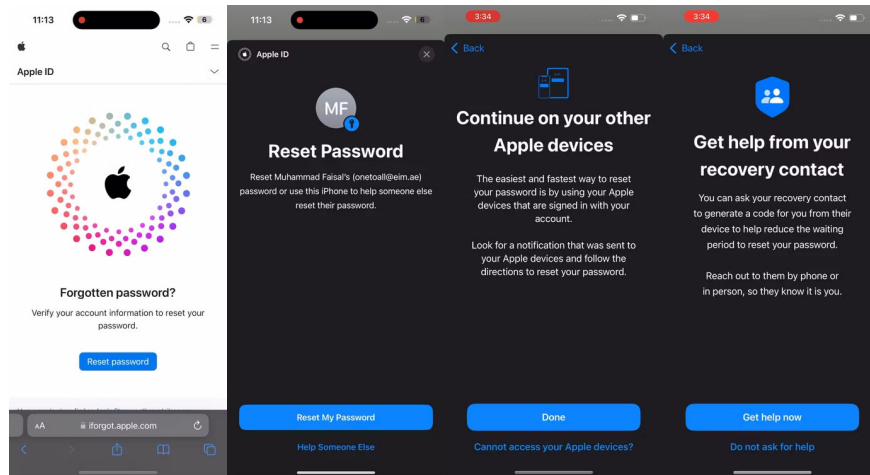
Enter the Apple ID for which you need to reset the password, then tap **Next** and follow the onscreen instructions until you receive confirmation.

5. Reset Apple ID password using a recovery contact

If you're locked out of your Apple ID account and don't have access to other Apple devices or your trusted phone number, all hope is not lost. As long as you have an account recovery contact set up, they can help you regain access to your account within minutes.

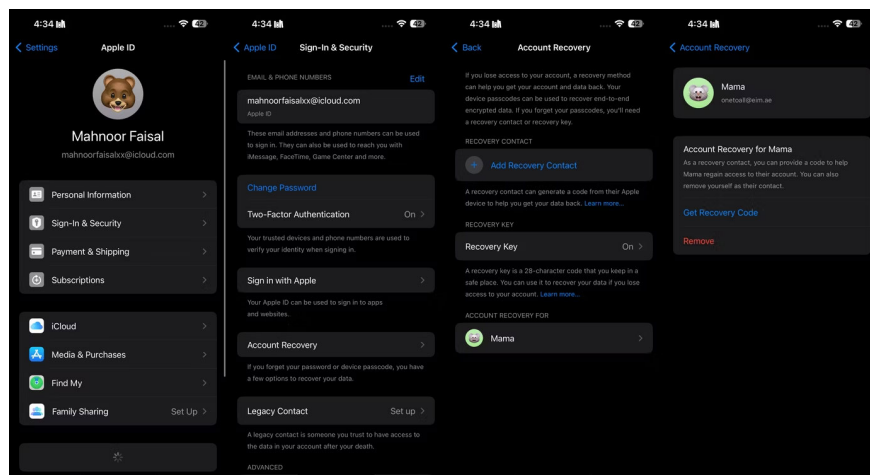
Here's what you need to do on your device so your recovery contact can assist you:

1. Visit Apple's iForgot website in a web browser.
2. Tap **Reset My Password** and enter the email address or phone number associated with your Apple ID. If you don't have access to your device and are using a borrowed device, tap **Help Someone Else**.
3. Tap **Cannot access your Apple devices** when prompted to use other Apple devices to reset your Apple ID password.
4. Tap **Cannot use this number** when prompted to use your trusted phone number.
5. Click **Get help now** on the next screen.

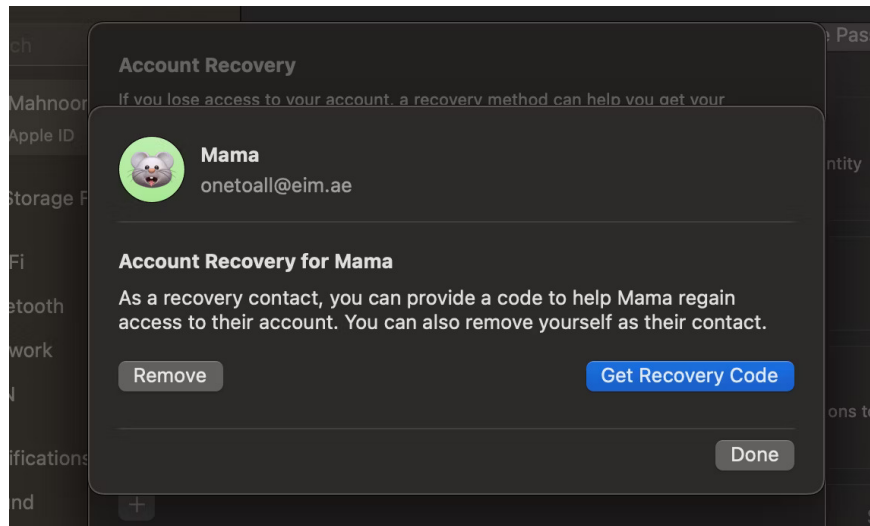


Now you need to contact your recovery contacts and ask them to get the recovery code.

If they are using an iPhone or iPad, they need to go to **Settings > [Apple ID Name] > Sign-In & Security > Account Recovery**. Then, select your name in the **Account Recovery For** heading and click **Get Recovery Code**.

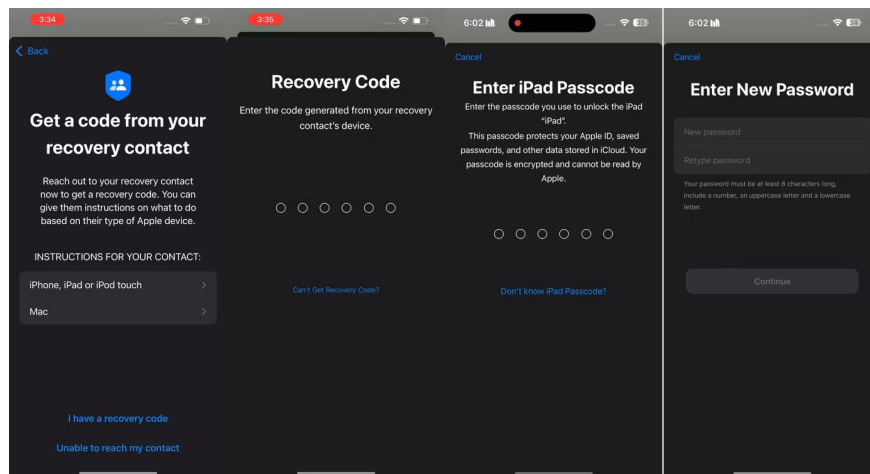


If using a Mac, they need to click the Apple icon in the menu bar and go to **System Settings > [Apple ID Name] > Sign-In & Security > Account Recovery**. Then, click **Details** next to your name in the **Account Recovery For** section and click **Get Recovery Code**.



After your contact follows the instructions and receives the 6-digit recovery code, tap **I have a recovery code** and enter it on the next screen.

You may be prompted to enter the passcodes of other devices after entering the recovery code. Then, enter your new password twice and press **Continue**.



If you don't have access to the email address or phone number associated with your Apple ID and haven't set up a recovery account or contact, it'll be difficult to get back into your account. Unfortunately, your only option is to create a new Apple ID in such cases.

You finished reading the article "**5 ways to reset Apple ID password**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.