

How to access your MacBook when you've forgotten your password.

It's common for users to forget their computer or Macbook login password. In this case, what should users do to unlock their computer and use it normally?

Apple's macOS is an incredibly secure operating system, and passwords are the heart of it. You need a password to install new software or make changes to the system through System Preferences, to log in (unless you log in to your Mac with an Apple Watch), or to use Touch ID on your MacBook to unlock it (MacBook Pro or MacBook Air 2018 and later). Sometimes, the password can also be used to delete files on your computer. So what should you do if you forget your Mac password? In the article below, TipsMake.com will guide you on how to handle a forgotten Mac password.

1. Get password hints

Before resetting your password, you should check for password hints (the hints you entered when you initially set your password). To receive a hint, enter the wrong password three times.

1. Open **System Preferences** (click **the Apple logo** > **System Preferences**).
2. Select **Users & Groups** .
3. Select **the lock icon** in the bottom left corner.
4. Press the **Return** key three times.

The screen will vibrate each time you press the Return button, and after 3 times, a hint will appear below the password input field. Macs don't set a limit on the number of password attempts, so you don't have to worry about your computer being locked if you enter the wrong password too many times.



If password hints don't appear, it's likely because you didn't initially add hints in Login Options. The only way to fix this is to turn on your computer. However, besides viewing hints, there are other solutions if you've forgotten your Mac password.

2. Change your password from another account.

If you share your Mac with others, or you use two accounts on the same machine, you can follow these steps to reset your password:

1. Click **the Apple logo** in the top left corner and select **Log Out** .
2. Choose the account for which you remember the password to unlock the device.
3. Enter the password for that account.
4. Go to **System Preferences > Users & Groups** .
5. Click on the lock icon in the bottom left corner.
6. Enter the password again.
7. Select the account for which you forgot the password from the sidebar.
8. Select **Reset Password** .
9. **Fill in the New password** , **Verify** , and **Password hint** sections .
10. Select **Change Password** .
11. You have changed the password for your forgotten account; you can now log in to it using the new password.

Please note that this does not change the password for Keychain; you will still be prompted to update the password when unlocking this account. To change it, click **Create New Keychain** .

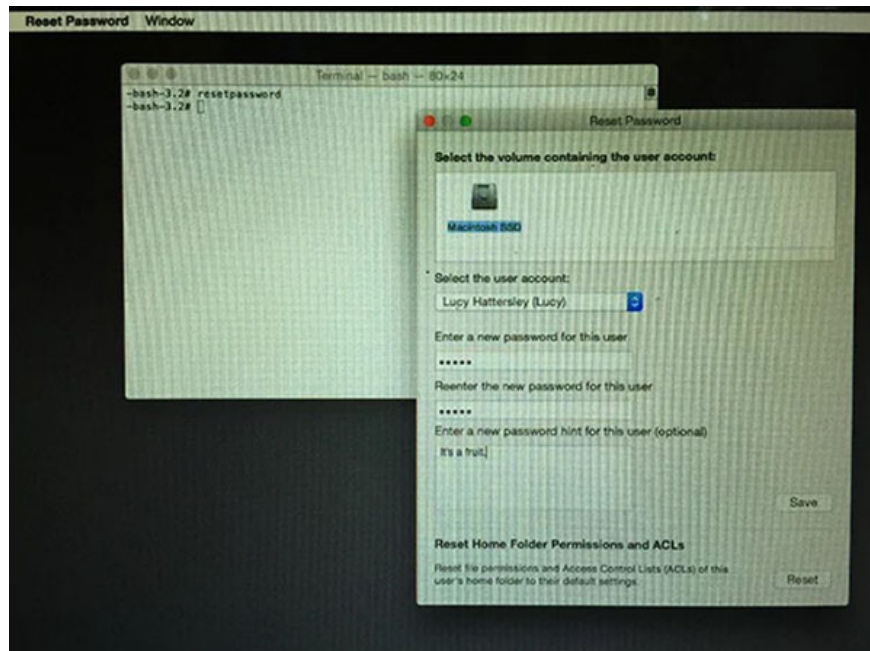


3. Use Recovery Mode to reset your password.

Apple offers many tools for changing your Mac password. Below are the best options if you've completely forgotten your password.

1. Turn off your Mac (**Apple > Shut Down**).
2. Press the power button while simultaneously holding down **Command + R**. Your Mac will boot into Recovery Mode.
3. When a signal appears on the screen, release your hands from the keyboard. This process may take a few minutes.
4. Select **Disk Utility** and press **Continue** .
5. Select **Utilities > Terminal** .
6. Enter the reset password and press **Return** .
7. Select the drive containing the account (usually the main hard drive).
8. Select the account to make changes to using **User Account** .
9. Enter a new password.
10. Enter a hint for your new password.
11. Click **Save** .
12. A message appeared saying the password had been changed, but it wasn't the Keychain Password. Click **OK** .
13. Select **Apple > Shut Down** .

Now turn on the computer normally and enter the password you just created to use it.



1. Learn about boot modes in macOS

4. Use Target Disk Mode

If the above methods are not effective, the last resort is to use Target Disk Mode to recover potentially lost data on your Mac.

1. Turn off your Mac (**Apple > Shut Down**).
2. Connect your computer to another Mac using a Thunderbolt cable.
3. Turn on the machine while simultaneously holding down the T key.

Your Mac will now boot into Target Disk Mode, acting as a separate hard drive on the other machine. Use this extra machine to recover data on your Mac.

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