

How to change your Macbook password, change your Mac password

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Your macOS user account password is also your login password. This is the password you use to log in to your Mac, make changes, or download software.

Change Macbook password

You can change your Mac password in the Users & Groups section.

1. Select **System Preferences** from the Apple menu, then select **Users & Groups** .
2. Choose your name from the list of usernames.
3. Click the **Change Password** button and follow the on-screen instructions.

Reset your Macbook password.

If you forget your password or encounter any errors, you can reset it using one of the following methods. First, try the simplest one:

1. Make sure you type each character correctly (indicate which parts are uppercase and which are lowercase). If Caps Lock is enabled on your keyboard, the password input field will also display the Caps Lock icon.
2. If a question mark appears in the password input field, click on it to display a password hint, which will help you remember it more easily.
3. Try logging in without a password. If it works, you can add a password using the methods described above.
4. Try logging in with the Apple ID password you use for iCloud. If you recently changed your password and the new password isn't working, try again with your old password. If it works, you should use the new password from now on.

Reset your password via Apple ID .

In some versions of macOS, you can use your Apple ID to reset your password. At the login screen, keep entering your password until you see a message saying you can reset your password using your Apple ID. If you don't see that message after three attempts, your account doesn't allow password resets using your Apple ID.

1. Tap the '**play**' button next to the Apple ID notification, then follow the on-screen instructions to enter your Apple ID and create a new password. You will be prompted to restart your device after completion.
2. Log in with your new password.

Reinstall using a different admin account.

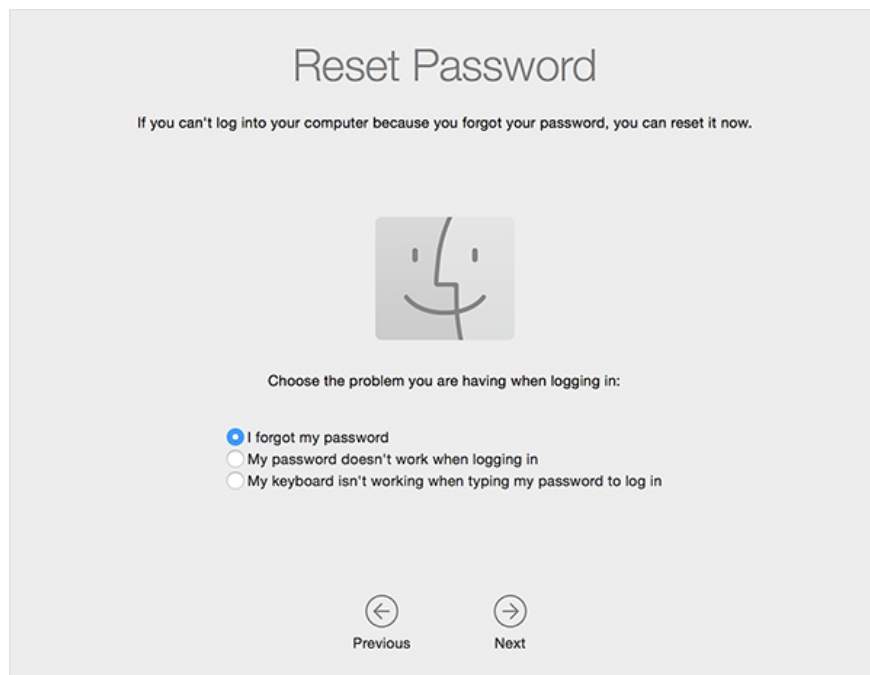
If you know the username and password for the admin account on your Mac, you can use that account to reset your password.



1. Log in using the username and password of the other admin account.
2. Select **System Preferences** from the Apple menu, then click **Users & Groups**.
3. Click on **the lock icon** and enter the admin username and password.
4. Choose your name from the list of users.
5. Click the **Reset Password** button, then follow the on-screen instructions to create a new password.
6. Select **Log Out** from the Apple menu.
7. Log in to your account using your new password.

Reset using the Reset Password assistant (FileVault must be enabled).

If FileVault is enabled, you can reset your password using the Reset Password assistant:



1. Wait about a minute on the login screen until you see a message saying you can use the power button on your Mac to shut down and restart it in **Recovery OS** mode . If you don't see this message, FileVault is not enabled.
2. Press and hold **the power button** until your Mac is completely shut down.
3. Press **the power button** again to turn your Mac on.
4. **When the Reset Password** screen appears, follow the on-screen instructions to create a new password. (If you need to connect to Wi-Fi, move the cursor at the top of the screen and use the Wi-Fi menu to connect. To exit the password reset screen, select the **Apple menu > Restart** .)
5. When finished, select **Restart** .
6. If you were able to change your password using the Reset Password assistant, log in to your account with the new password.

Reset your password using the Recovery Key (FileVault must be enabled).

If FileVault is enabled and you have the FileVault Recovery Key, you can use this code to reset your password.

1. On the login screen, enter your password until you see a message saying you can reset your password via **Recovery Key** . If you don't see the message after 3 attempts, it means FileVault is not enabled.
2. Press the **'play'** button next to the notification. The password entry field will change to Recovery Key.
3. Enter **the Recovery Key** . Use uppercase characters, including hyphens.
4. Follow the on-screen instructions to create a new password, then select **Reset Password** when finished.

If you are unable to log in with your new password after restarting your Mac, follow these steps:

1. Restart your computer again, then immediately press and hold the **Command + R** key combination or **one of the macOS Recovery** key combinations until you see the Apple logo or the spinning globe icon.
2. When you see the macOS Utilities window, select **Utilities > Terminal** from the menu bar.
3. In the Terminal window, type **resetpassword** and then press Return to open the Reset Password Assistant image shown above.

4. Select '**My password doesn't work when logging in**' , then click **Next** and follow the on-screen instructions for your user account.

Hopefully, the instructions above will help you change your password on your Mac.

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