

How to retrieve a hacked Facebook account - Recover Facebook password

When using Facebook or any other account, it is easy to lose your password or have your account hacked through many different ways. In case of hacking, not only is the password changed, but the email and phone number may also be changed, so password recovery is no longer effective.

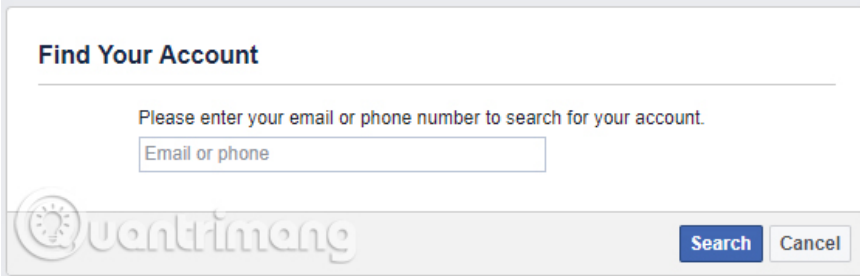
You can refer to our method below to get your Facebook account back.

1. Check if you are still entering your Facebook account on a certain device

Before recovering your account, check to see if you can still log into Facebook on a device like a computer browser, the Facebook Android or iOS app, or a mobile browser.

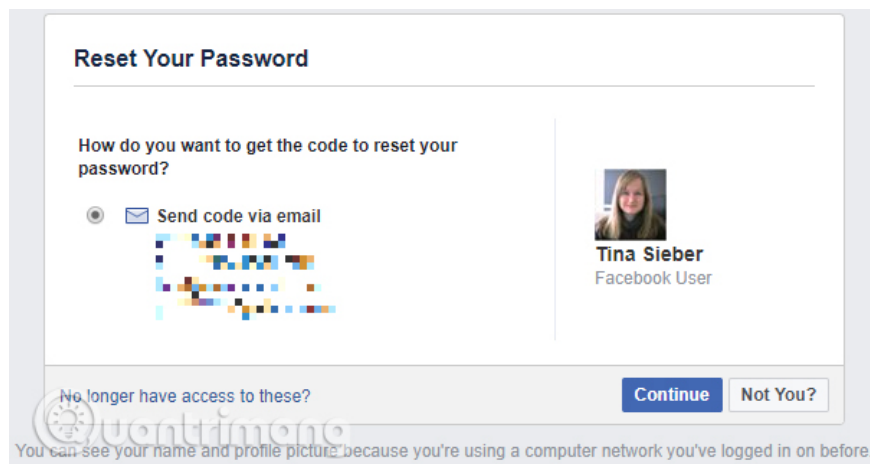
2. Use the default account recovery option

After checking and not seeing any devices logged into Facebook, use the network or computer that has previously logged into your Facebook account. First, you need to identify your account, then go to the Facebook recovery page and use an email address or phone number added to your Facebook account. You can use your Facebook username.

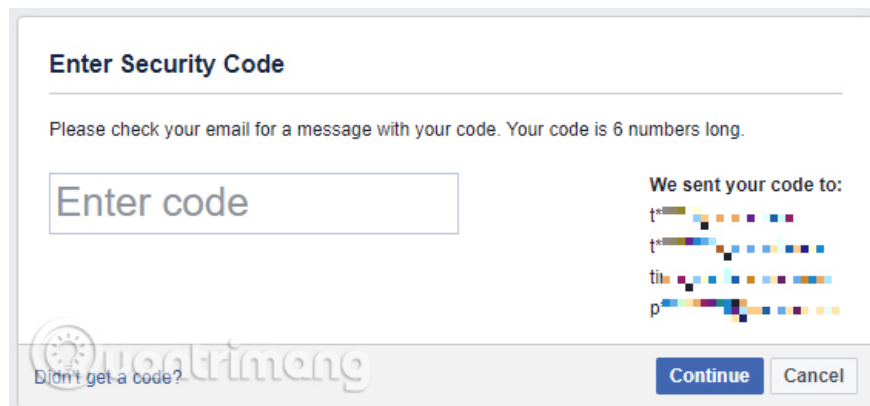


The image shows a screenshot of the Facebook 'Find Your Account' recovery page. The page has a light gray background and a white border. At the top, the text 'Find Your Account' is displayed in a bold, dark blue font. Below this, there is a horizontal line. Underneath the line, the text 'Please enter your email or phone number to search for your account.' is written in a smaller, dark gray font. Below this text is a white input field with the placeholder text 'Email or phone'. At the bottom of the page, there is a dark blue 'Search' button and a white 'Cancel' button. A watermark for 'Quantimeng' is visible in the bottom left corner of the screenshot.

Once your account is successfully identified, you'll see a profile summary. Before proceeding, carefully check that this is indeed your account and that you still have access to the email address(es) or mobile phone number(s) listed.



If all the contact details Facebook has in your profile match, click **Continue** . Facebook will send a security code, use that security code to log in to your account.



If you don't receive a code, click **Didn't get a code?** , will return you to the previous **Reset Your Password** screen . You can try again, or you may no longer have access to that account.

If you gain access to your account and suspect that your account has been hacked, change your password immediately (use a strong password) and update your contact information. These are the main steps in securing your Facebook account. Make sure to delete any email addresses or phone numbers that aren't yours or that you can no longer access. You should enable two-factor authentication so this won't happen again.

3. Change contact information

Usually, account recovery is not possible using the options above. You may no longer have access to the email address(es) and phone number(s) added to your profile. Or maybe a hacker changed this information. In that case, Facebook allows you to specify a new email address that they will use to contact you about account recovery.


To start this process, click the **No longer have access to these?** at the bottom left of the password recovery page to begin the recovery process. Facebook will ask you for a new email address or phone number, so they can contact you if necessary, click **Continue** to continue.

How Can We Reach You?

Please enter an email address or phone that you know you can access. We'll use this address to send you messages about recovering your account.

New Email or Phone

Confirm New Email or Phone



If you set up **Trusted Contacts**, you'll have the opportunity to use these accounts for account recovery in the next step.


Ask Your Trusted Contacts For Help

1. Call three of your trusted contacts or talk to them in person.

2. Ask them to visit:

<https://www.facebook.com/recover>

3. Each friend will give you a code. Enter them below:



You need to remember at least one full name out of 3-5 Trusted Contacts to see them all. Note that you only need three security codes to recover your account.

If you don't set up **Trusted Contacts**, you can provide the option to answer one of the security questions and reset your password on the spot. As an added precaution, this waiting period will last 24 hours before you can access your account. Otherwise, you may have to wait until Facebook gets in touch to verify your identity.

4. The account has been hacked and is sending spam

Steps to retrieve a hacked Facebook account

Step 1 : You access the address: <https://www.facebook.com/hacked> and click **My account is Compromised**

Report compromised account

If you believe your account has been compromised by another person or a virus, please click the "My account is compromised" button below. We'll help you log back into your account so that you can regain control.

[My Account Is Compromised](#) [Cancel](#)

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Step 2: Enter your Facebook account registration email address

Find Your Account

You have indicated that your account has been compromised. To regain control of your account, please first identify yourself. If your account isn't hacked, you can cancel this process.

Email, Phone, Username or Full Name

[I can't identify my account](#) [Search](#) [Cancel](#)

Step 3: Please enter your old password before being hacked

Enter a Current or Old Password

In order to regain control of your account, enter any current or old password you know for your account. If your account isn't hacked, you can cancel this process.

Your account:  **Nguyễn Xuân Linh**
xuanlinh@meta.vn

[Not Xuân Linh?](#)

Current or Old Password:

[Continue](#)

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Step 4: After that, you will receive a notification to change your password and do as shown below

Reset Your Password



You have indicated that your account has been compromised. We'll help you login and regain control of your account. If your account isn't hacked, you can cancel this process.

How would you like to reset your password?

-  Email me a link to reset my password
xuanlinh@meta.vn



**Nguyễn Xuân
Linh**
Facebook user

No longer have access to these?

[Continue](#) [Cancel](#)

Check Your Email



Check your email - we sent you an email with a six-digit confirmation code. Enter it below to continue to reset your password.

#####

We sent your code to:
xuanlinh@meta.vn

I didn't receive a code

[Continue](#) [Cancel](#)

Check Your Email



Check your email - we sent you an email with a six-digit confirmation code. Enter it below to continue to reset your password.

002892

We sent your code to:
xuanlinh@meta.vn

I didn't receive a code

[Continue](#) [Cancel](#)

Step 5: Once completed, you will be redirected to the page to enter a new password

Choose a new password



A strong password is a combination of letters and punctuation marks. It must be at least 6 characters long.

New password ?

Confirm password

[Continue](#) [Cancel](#)

However, after resetting your password and logging back in, you may still not be able to access Facebook. At that time, please wait 24 hours to log in again before you can log in normally.

5. Still can't log in to Facebook

If all the above recovery methods fail, the last hope is Facebook. You can try emailing security@facebookmail.com to explain your situation. They may offer you an opportunity to prove your identity using your passport or driver's license. This process can take several weeks, so please be patient.

Note: If you do not use your real name on Facebook, the hope of recovering your account this way is almost zero.

If all of the above methods fail to recover your account, create a new Facebook profile

Often, users' contact information is out of date, the recovery codes Facebook provides don't work, or the company never tries to verify their identities. In such cases, the only way out is to create a new Facebook profile.

To limit hacking, Facebook also gives some advice to users such as choosing a password that is strong enough, with a combination of many different characters; Get into the habit of logging out of your account after using it on unfamiliar devices; Run anti-virus software and most importantly, consider before clicking on any content.

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