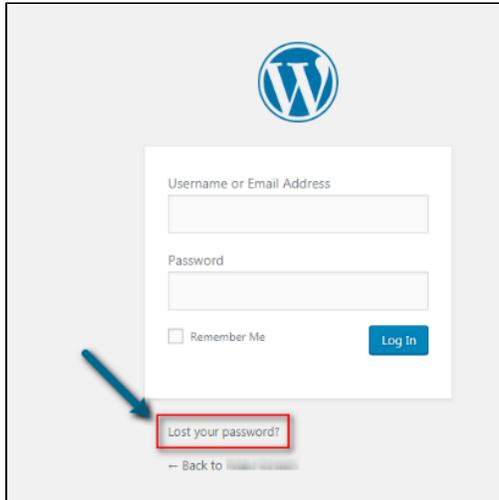


# Resetting Your WordPress Password

This article is for cPanel Accounts. Determine where your account is with [this guide](#).

\*\*\* Note, if you are a WordPress Hosting client, please see [this article](#).

1.) On your WordPress login page at ([mydomain.com/wp-admin](#) or [mydomain.com/wp-login.php](#)). Click on the “Lost your password?” link found at the bottom of your login screen.



2.) Enter the email associated with your WordPress installation.

3.) Check for an email from WordPress in your inbox

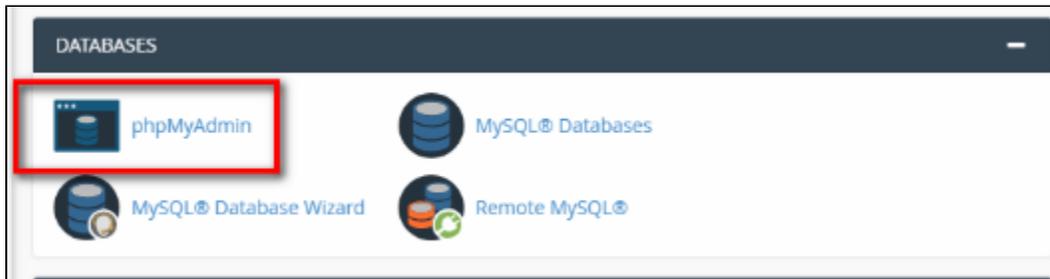
You should receive an email from [mywebsite@wordpress.com](#) within few minutes. Click the link found within the body of the email to continue changing your password. If you do not see the email, be sure to check your spam or junk folder.

4.) Enter the password you would like to use and click “Reset Password.” Be sure that your password meets the criteria outlined by WordPress.

If you are unsure which email account is associated with the WordPress installation or have not received the email from WordPress, follow the instructions below:

5.) Log into your cPanel account. If you are unsure of how to log into cPanel, check out the following link for instructions: [How To Access Shared Hosting cPanel](#)

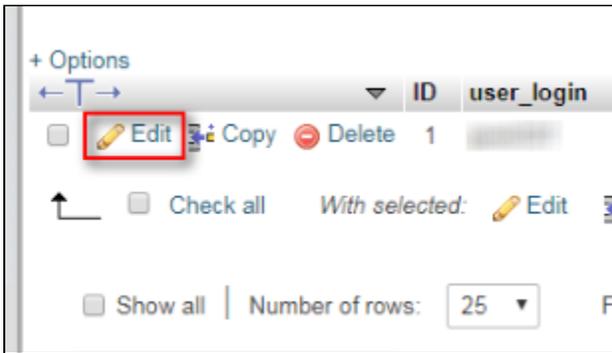
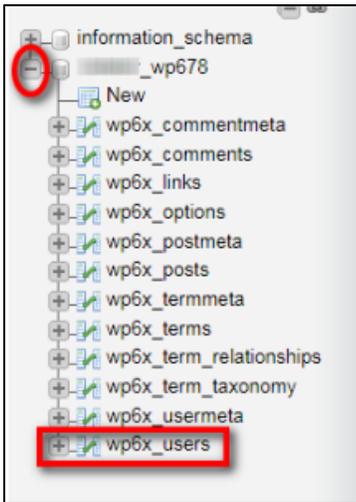
6.) Select PHPMyAdmin under the databases section.



7.) In PHPMyAdmin, select the database for your WordPress site by clicking the (+) plus sign next to the site name.

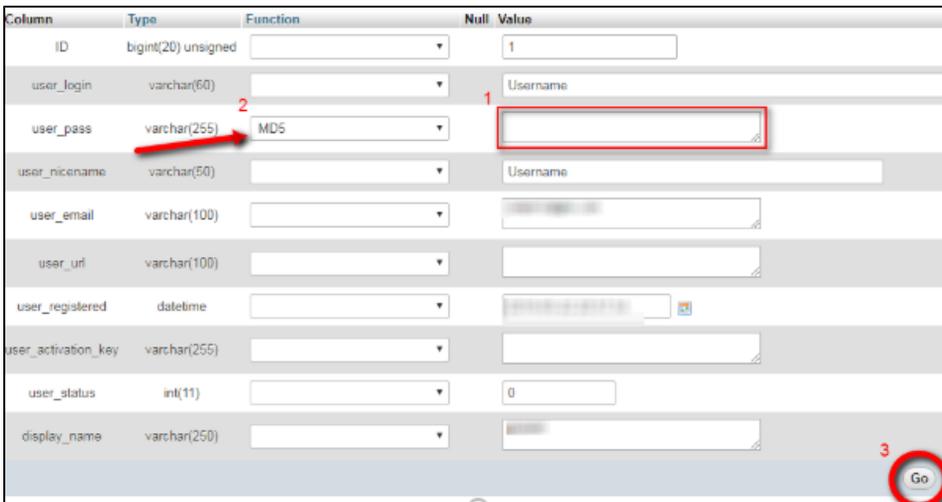
8.) You will then see a list of tables. Go to the table that says “wp\_user” or “{table-prefix}\_users” and click on it.

*Note: the names in your database may be different than what you see listed here.*



9.) You will now see the WordPress users table. Click on the "Edit" button next to the username you would like to change the password for.

10.) Delete the value in user\_pass and replace it with your new password. You will then need to select MD5 from the function column to the right of the password. Click the "Go" button at the bottom of the page.



11.) You have successfully changed your WordPress password!

If you run into any issues accessing your cPanel, please contact support via the "Support" icon in the lower left hand corner of your screen.

## Related articles

- [How To Move A WordPress Installation \(\)](#)
  - wordpress
- [How To Move WordPress To A New Server or a New Directory \(\)](#)
  - wordpress

- [How To Optimize WordPress To Avoid Account Suspension \(\)](#)
  - [wordpress](#)
- [How To Remove The Uncategorized Folder On A WordPress Blog \(\)](#)
  - [wordpress](#)
- [How To Reset My WordPress Password In PHP \(\)](#)
  - [wordpress](#)