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how to reset your apple id password

Published: September 3, 2026 | Index ID: #-

How to Reset Your Apple /ID Password: A Complete Step by Step Guide

Every Apple user knows that the Apple ID is the key that unlocks iCloud, the App Store, Apple Music, iMessage, FaceTime, and many other services. When you forget that password or suspect it's been compromised, the first instinct is to figure out how to reset your Apple ID password. This article walks you through every method Apple offers, from the easiest on device options to advanced recovery techniques, and shares practical tips for keeping your account safe once you've regained access.

Why You Might Need to Reset Your Apple /ID Password

There are several common reasons you'll want to reset your Apple /ID password:

- Forgotten password – the most frequent scenario.
- Suspicious activity – you notice unfamiliar purchases or sign ins.
- Security upgrade – you want to change from a weak password to a strong, unique one.
- Lost or stolen device – you need to secure your account before it's accessed by someone else.
- Account recovery – you've lost access to all trusted devices and need to reset from scratch.

Resetting your Apple ID password is the first step to restoring full control over your account and protecting your personal data.

Before You Begin: Gather What You Need

Apple's reset process is designed to be secure, so you'll need certain information ready:

- Your Apple /ID email address (e.g., john.doe@example.com).
- Answers to any security questions you set up (if you haven't enabled two factor authentication).
- Access to a trusted device (iPhone, iPad, Mac, or Windows PC) or a trusted phone number.
- If you use a recovery key, the 20 character code that Apple gave you when you enabled it.
- Internet connection and a web browser or the relevant Apple app.

Having these ready will speed up the process and reduce frustration.

Step by Step: Resetting Your Apple /ID Password on iOS and iPadOS

1. Open Settings

On your iPhone or iPad, tap the **Settings**app. If you're on the home screen, you'll see a grid of icons; Settings is typically the gear icon.

2. Tap Your Name

At the top of the Settings screen, you'll see your Apple ID name and profile picture. Tap that to access Apple ID settings.

3. Select "Password & Security"

Scroll down until you see the **Password & Security**option and tap it. This screen shows your current password

status and security settings.

4. Choose “Change Password”

Tap the **Change Password** button. You’ll be prompted to enter the current password if you’re on a trusted device. If you’ve forgotten it, tap **Forgot Apple /ID Password?** at the bottom.

5. Follow the On screen Prompts

Apple will guide you through verification steps, which may include:

- Answering security questions.
- Entering a verification code sent to a trusted device or phone number.
- Using a recovery key if you set one up.

Once verified, you’ll create a new password that meets Apple’s complexity requirements.

6. Update Password on All Devices

After resetting, Apple will prompt you to update the password on all connected devices. It’s a good practice to do so immediately to avoid authentication errors.

Resetting Your Apple /ID Password on macOS

1. Open System Settings (macOS Ventura and later)

Click the Apple menu (øÿ) in the top left corner and choose **System Settings**. For earlier macOS versions, open **System Preferences**.

2. Click “Apple /ID”

In the sidebar, select **Apple /ID** to view your account details.

3. Go to “Password & Security”

Under the account section, click **Password & Security**. You’ll see options to manage your password.

4. Choose “Change Password” or “Forgot Password?”

If you remember your current password, tap **Change Password**. If not, click **Forgot Password?** and follow the prompts.

5. Verify Identity

macOS will ask you to verify your identity via:

- Security questions.
- Trusted device notification.
- Recovery key.

6. Create a New Password

Enter a strong new password that follows Apple’s guidelines. Apple will confirm the new password by asking you to re enter it.

7. Sign Out and Sign Back In on Other Devices

To ensure consistency, sign out of iCloud on other devices and sign back in using the new password.

Resetting Your Apple /ID Password via the Web (Apple /ID Account Page)

Using a web browser gives you access to all Apple ID management tools, including the ability to reset your password from any computer.

1. Navigate to https://appleid.apple.com/ and click Sign /In.
2. Click Forgot Apple /ID or password?.
3. Enter your Apple /ID email address and click Continue.
4. Choose a verification method: Get an email or Answer security questions. If you have two factor authentication enabled, you'll be prompted for a verification code from a trusted device.
5. Follow the instructions sent to your email or device. If you select "Get an email," Apple will send a link to reset your password.
6. Open the email, click the link, and create a new password.

Resetting Your Apple /ID Password on a Windows PC

If you use iTunes or iCloud for Windows, you can reset your password using the Apple ID account page, as described above. Alternatively, you can use the iTunes application:

1. Open iTunes and go to Account > Sign In.
2. Click Forgot Apple /ID or password?.
3. Follow the same steps as on the web: enter your Apple /ID, choose a verification method, and reset.

What to Do If You Don't Have a Trusted Device

Apple's two factor authentication system requires a trusted device or phone number for verification. If you've lost all trusted devices, you'll need to use account recovery.

1. Visit the Apple /ID Recovery Page

Go to https://iforgot.apple.com/ and enter your Apple /ID. Click **Continue**.

2. Select "Start Account Recovery"

Apple will inform you that account recovery is needed. Click **Start Account Recovery** and follow the prompts.

3. Provide Your Email Address

Enter the email address associated with your Apple /ID. Apple will send a confirmation email.

4. Wait for Apple's Response

Account recovery can take a few days. Apple will email you an estimate of how long the process will take and will notify you once your account is ready to be reset.

5. Complete the Reset

Once you receive the email, follow the link to reset your password. Afterward, set up two factor authentication and add trusted devices promptly.

Using a Recovery Key to Reset Your Apple /ID Password

A recovery key is a 20 character alphanumeric code that provides an extra layer of security. If you enabled it, you can use it to reset your password even without a trusted device.

1. On the Apple /ID account page, click Forgot Apple /ID or password?.
2. Enter your Apple /ID and click Continue.
3. Choose Use your recovery key and enter the 20 character code.

4. Follow the prompts to create a new password.

Remember to store your recovery key in a secure location, such as a password manager or a safe.

Common Issues and How to Troubleshoot Them

1. “Verification Code Not Received”

Make sure you’re connected to the internet and that the trusted device’s notification settings allow Apple to send codes. Try resending the code or using a different trusted device.

2. “Security Questions Incorrect”

If you can’t recall the answers, you’ll need to use account recovery or a recovery key. Apple no longer offers security questions as a primary verification method if you have two factor authentication enabled.

3. “Password Reset Failed”

Check that your new password meets Apple’s requirements: at least 8 characters, includes a mix of letters, numbers, and symbols, and is not a commonly used phrase. Also ensure you’re not using the same password you previously used.

4. “Account Locked”

After multiple failed attempts, Apple may lock your account. In this case, you must wait 24 hours before trying again or initiate account recovery.

Tips for Choosing a Strong Apple /ID Password

- Length matters: Aim for 12–16 characters.
- Mix character types: Use uppercase, lowercase, numbers, and symbols.
- Avoid personal info: No birthdays, pet names, or simple sequences.
- Use a passphrase: Combine unrelated words with numbers and symbols (e.g., Blue$Sky3!Mountain).
- Update regularly: Change your password every 12–18 months.

Enable Two Factor Authentication (2FA) for Extra Security

Two factor authentication adds a second layer of verification. Once enabled, you’ll need a trusted

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