

Change your WordPress password in the database

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You can update a WordPress password through the database. This is helpful if you can't receive the password reset email. Log into phpMyAdmin. Click on the **_users** table. Click **Edit** next to the user you want to update. In the **Value** column, delete the contents of the **user_pass** box. Type your new password into the same box. In the function column, use the drop-down menu and select **MD5**. Click **Go**. You can now login with your new password.

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Online URL:

<https://www.heartinternet.uk/support/article/change-your-wordpress-password-in-the-database.html>