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your macOS user password using Recovery Mode.

STEP 1: BOOT INTO RECOVERY MODE

To reset your macOS user password, you'll need to boot into Recovery Mode. Here's how you can do it:

INTEL MACS

1. Restart your Mac.
2. Press and hold + **R** as soon as you hear the startup sound.
3. Keep holding the keys until you see the Apple logo or a spinning globe.
4. You'll see the macOS Utilities window. Select **Utilities** > **Terminal** from the menu bar.

APPLE SILICON MACS

1. Restart your Mac.
2. Press and hold the button until you see **Loading startup options**.
3. Select **Options** > **Utilities** > **Terminal** from the menu bar.

STEP 2: RESET THE PASSWORD

Once you're in Recovery Mode, you can reset your macOS user password using the Terminal. Here's how:

1. In the Terminal window, type:

```
resetpassword
```

2. press **Enter** .

STEP 3: RESET THE PASSWORD

1. In the Reset Password utility, select your user account.
2. Enter a new password and a password hint.
3. Click **Next** and then **Restart** to reboot your Mac.

CONCLUSION

That's it! You've successfully reset your macOS user password. Remember to keep your password in a safe place or use a password manager to avoid this situation in the future.

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