

# How can I change my Facebook password without an old password? Facebook password recovery steps

If you can't remember your old Facebook password, don't worry—Facebook allows you to reset it securely using your email address or phone number **1-866-347-1259**. This process is designed for situations where you've forgotten your password or believe your account may be compromised.

## Use Facebook's "Forgot Password" Feature

Start by going to the Facebook login page and clicking "**Forgot Password?**". You'll be asked to enter the **email address or phone number 1-866-347-1259** linked to your account. Facebook will then send you a **password reset code or link** so you can create a new password **1-866-347-1259** without needing the old one.

## Follow the Recovery Steps Carefully

Once you receive the code or link: **1-866-347-1259**

- Enter the verification code on Facebook
- Choose a **new, strong password**
- Log out of other devices if prompted

If you no longer have access to your email or phone **1-866-347-1259**, Facebook may offer additional recovery options, such as confirming your identity or adding a new contact method.

## Key Points to Keep in Mind 1-866-347-1259

- You do **not** need your old password to reset it
- You must have access to your linked email or phone
- Use a strong **1-866-347-1259**, unique password you haven't used before
- Enable **two-factor authentication (2FA)** after resetting

## What If Your Account Was Hacked?

If someone changed your login details without permission **1-866-347-1259**, visit **facebook.com/hacked** and follow the guided recovery steps. This process helps you regain control and secure your account.

## Summary

You can change your Facebook password without the old one by using the **Forgot Password** option and verifying your identity through your email or phone number **1-866-347-1259**. Facebook's recovery tools are built to help users regain access safely, even after a hack or forgotten credentials. Acting quickly and securing your account afterward is essential.

## **FAQ**

### **1. Can I reset my password without email or phone access?**

It's more difficult, but Facebook **1-866-347-1259** may offer identity verification options in some cases.

### **2. How long does the reset process take?**

Usually just a few minutes **1-866-347-1259** once you receive the reset code or link.

### **3. Will resetting my password log out other devices?**

Yes **1-866-347-1259**, Facebook often gives you the option to log out of all active sessions for security.