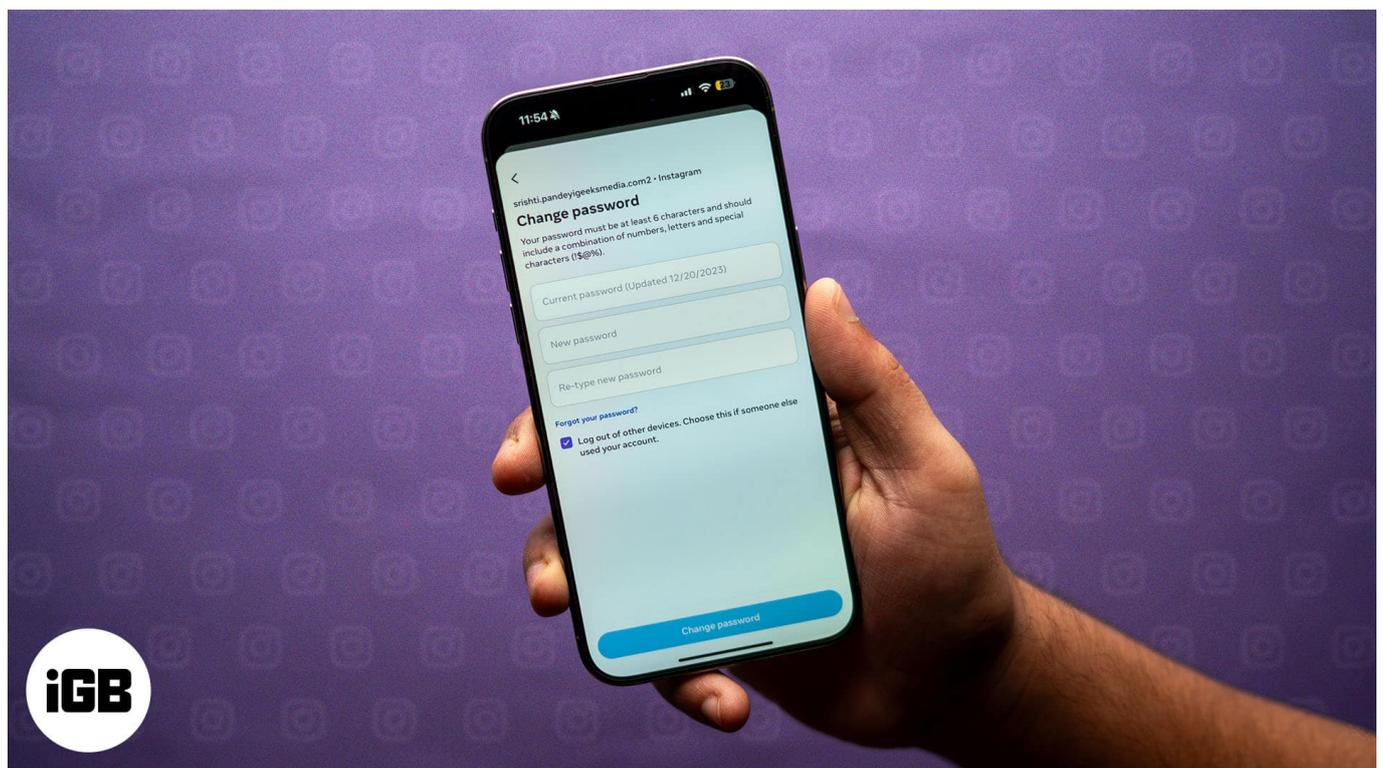


Key takeaways

- While logged in, you can change your Instagram password through the Accounts Center under app settings.
- If you've forgotten your password, you can reset it on the Instagram login page by using your email, username, or phone number.
- This article also shows how to create a strong and unique password to protect your Instagram account from security breaches.

Have you forgotten your Instagram password, or are you afraid someone hacked your account? Don't worry—you're not alone! Whether you're simply looking to update your password or you've found yourself locked out, we've got you covered.



#image_title

This guide will show you how to change or reset your Instagram password on your iPhone or desktop, allowing you to regain control of your account and start using Instagram again.

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- [How to change your Instagram password on iPhone](#)

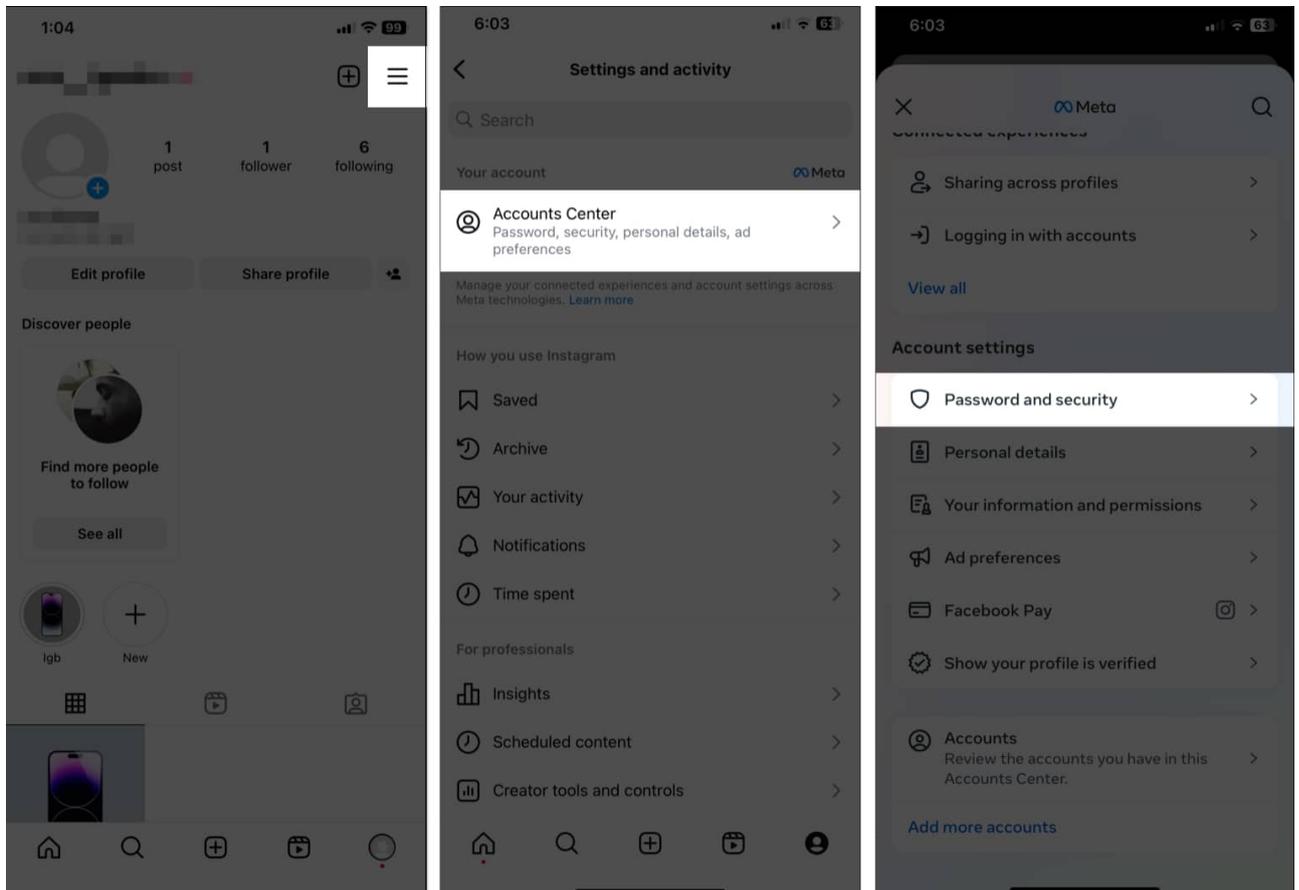
- [How to change your Instagram password on desktop](#)
- [How to reset your Instagram password if you forgot it](#)
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How to change your Instagram password on iPhone

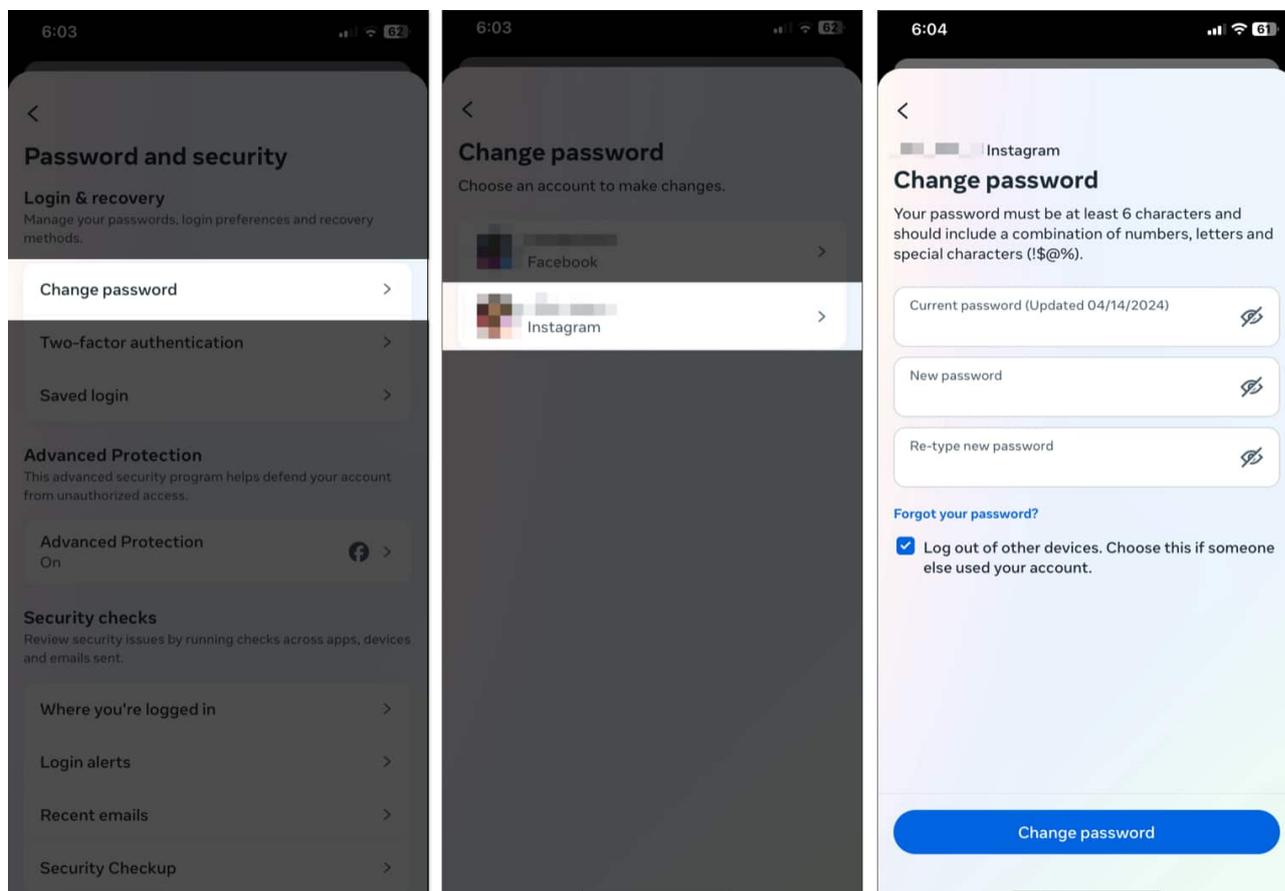
Changing your Instagram password on an iPhone is simple. This method is for users who are already logged in to their Instagram account and remember their current password.

If you don't remember the credentials and can't access your account, you may jump to the [reset password section](#) below. Let's see how to update Instagram password:

1. Open the Instagram app on your iPhone.
2. Tap on your profile picture in the bottom-right corner.
3. Tap the **More** button (with three horizontal lines) in the top-right corner, then select **Accounts Center**.
4. Scroll down and tap on **Password and Security**.



5. Now select the **Change Password** option and choose your Instagram account.
6. Enter your current password, then type in your desired password twice.
7. Ensure the **Log Out of Other Devices** box is checked.
8. Tap **Change Password** to update your Instagram password.



You must use a combination of at least six numbers, letters, special characters (!\$@%), etc. in your password. The iCloud Keychain or a third-party password manager on your iPhone is a nice way to [generate a strong password](#).

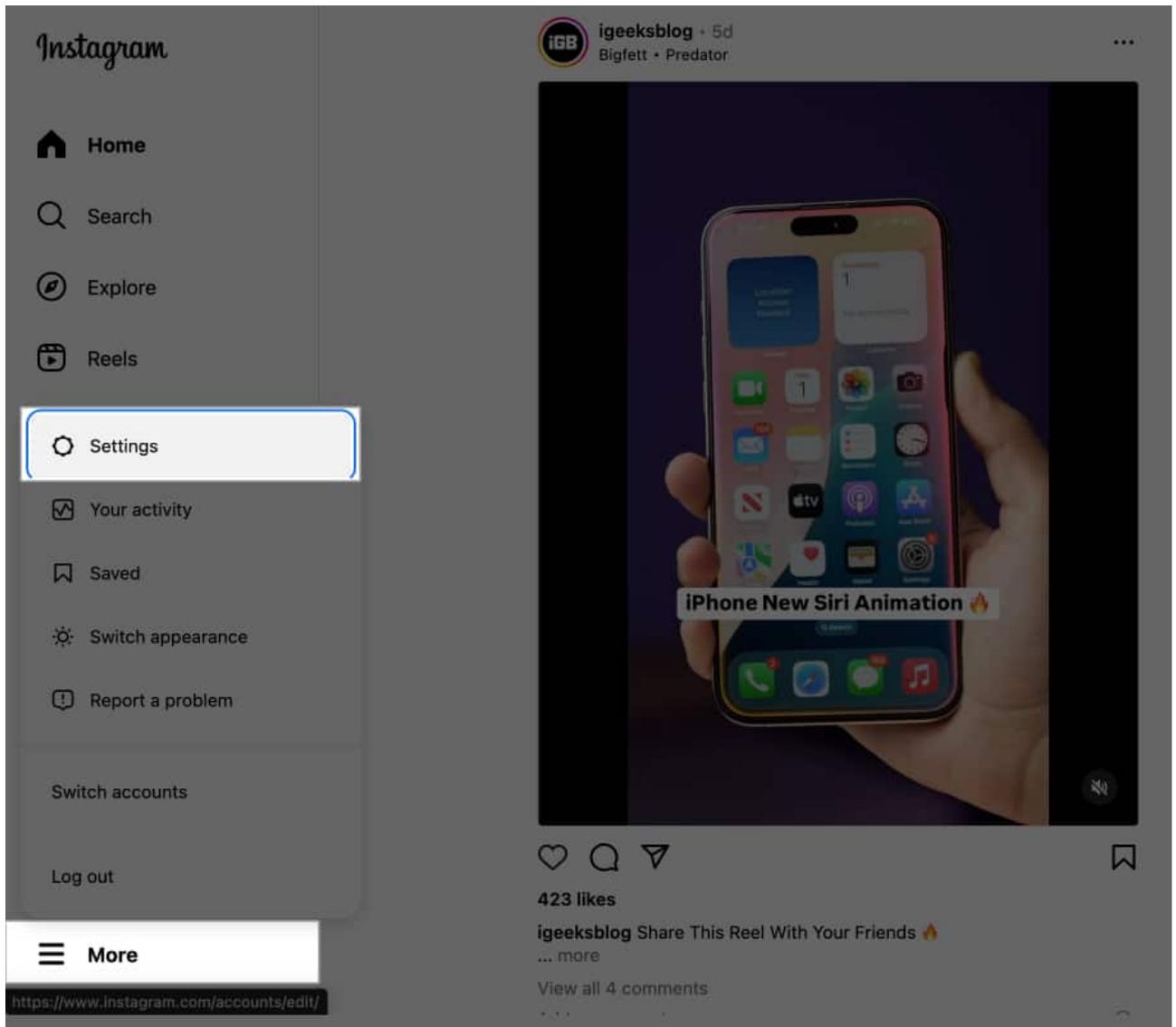
Note

If you can access your Instagram account but don't remember the login password, tap on **Forgot your Password?** in the fifth step and follow the on-screen instructions.

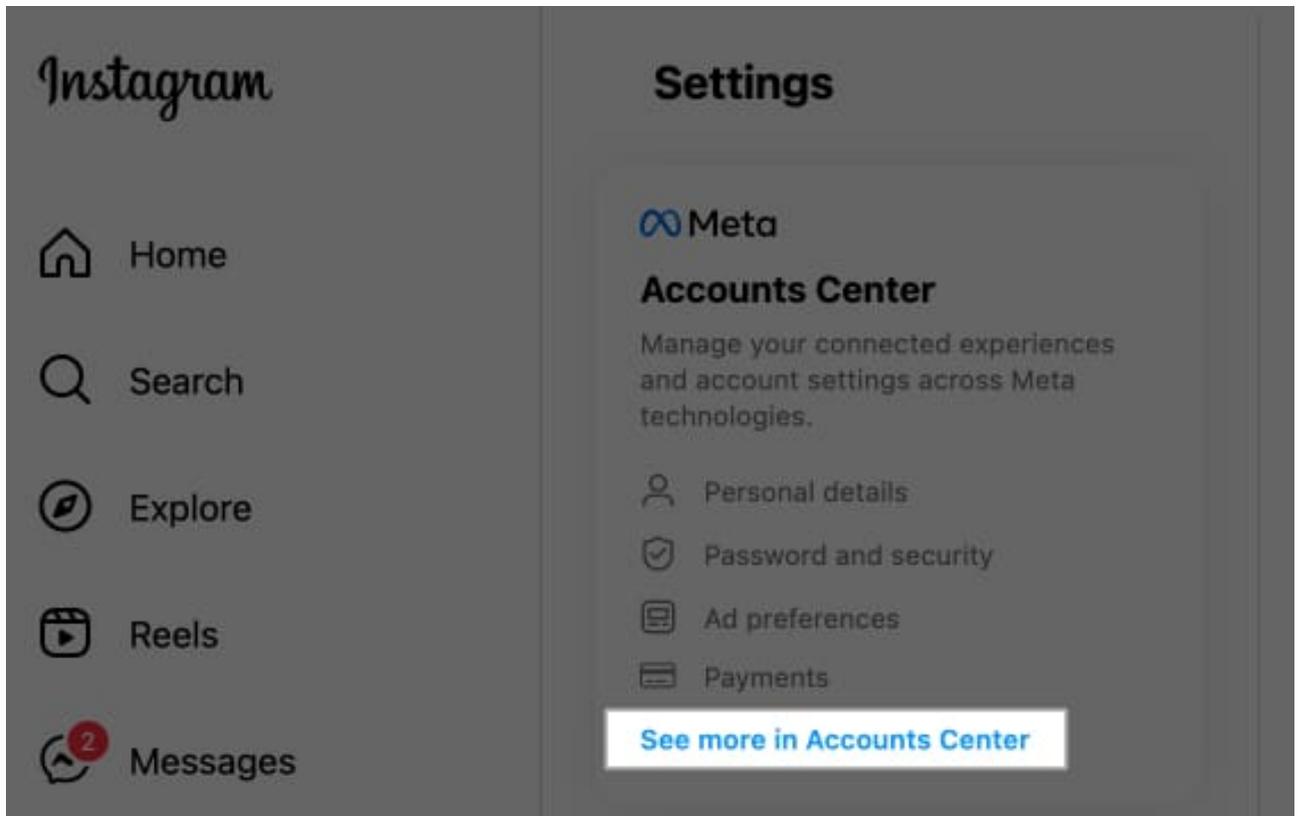
How to change your Instagram password on desktop

If you prefer using your desktop, you can also change your Instagram password on the web.

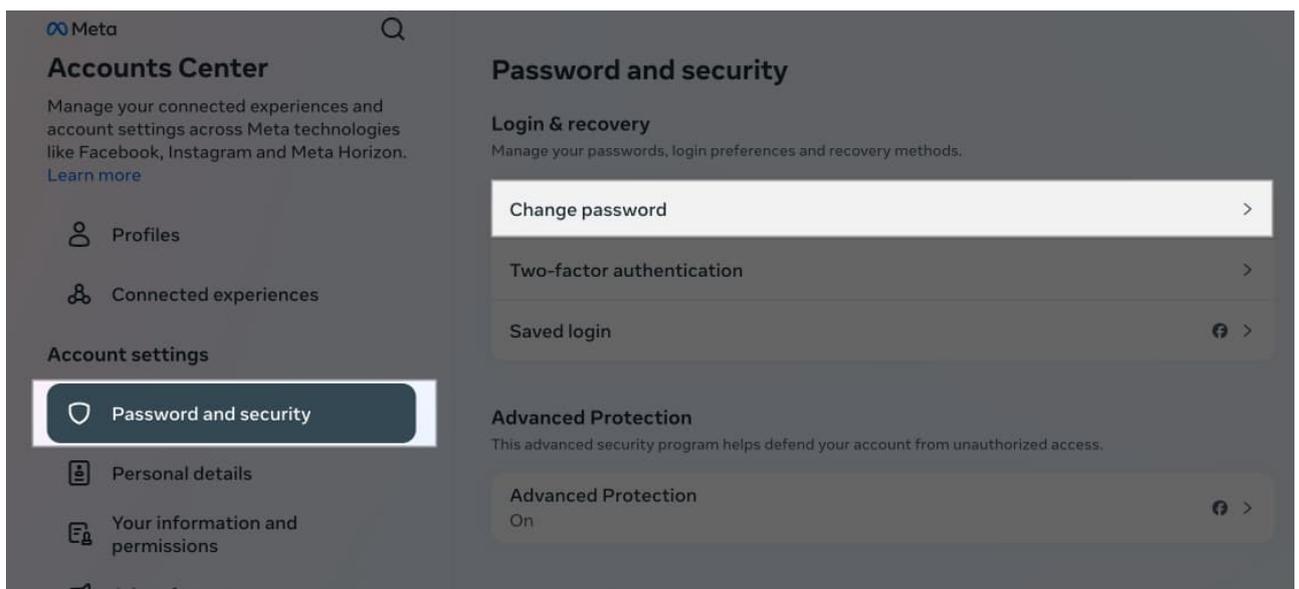
1. Go to [Instagram](#) in your preferred web browser and log in to your account.
2. Click on **More** in the bottom-left corner of the window and select **Settings**.



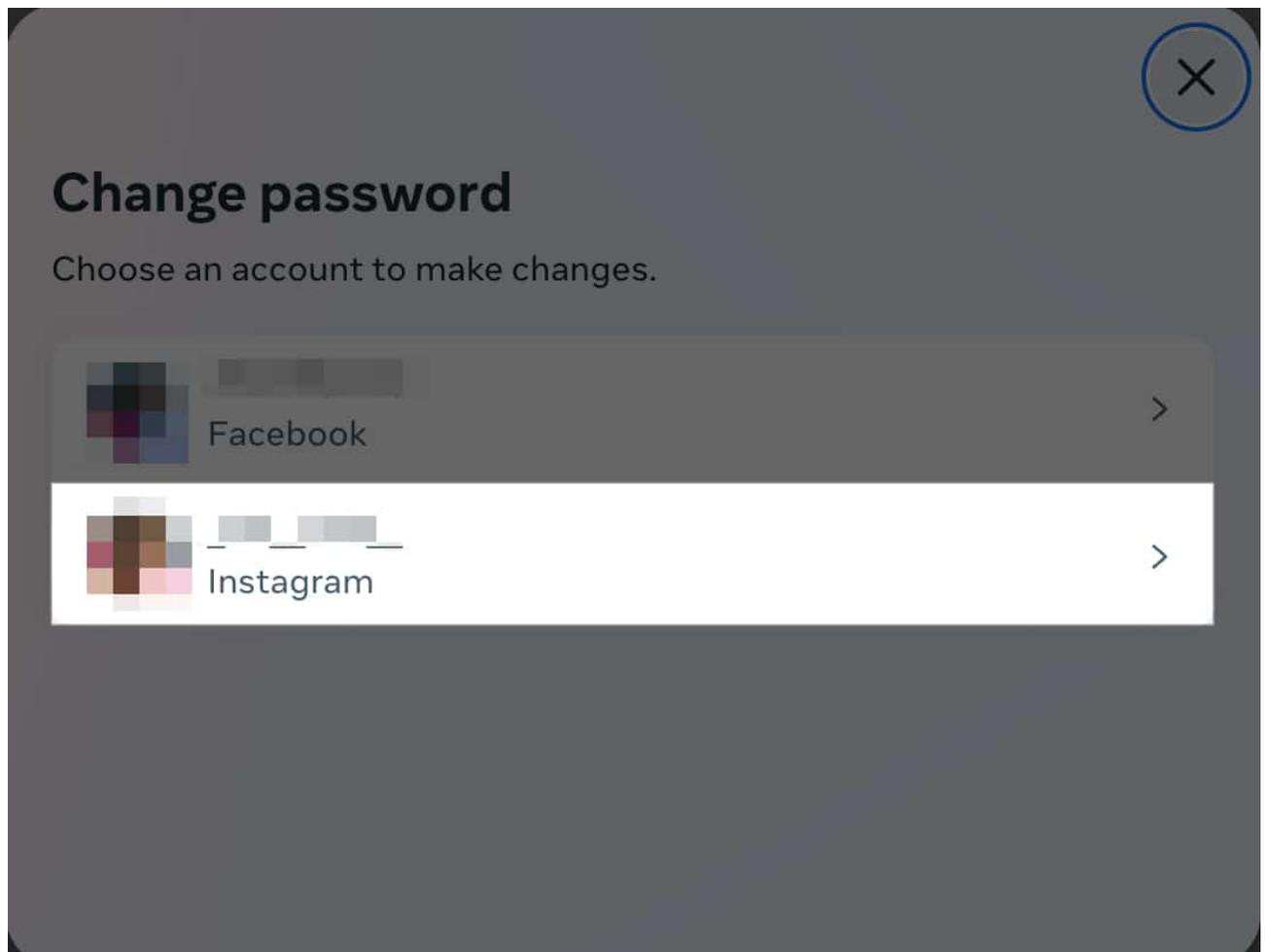
3. Click **See More in Accounts Center**.



4. Select **Password and Security** from the left panel and click **Change Password** under **Login & Recovery** in the right pane.



5. Select your Instagram account.



6. Enter your current password, then type in your new desired password twice.
7. Finally, click **Change Password** to change your Instagram password.

Change password

Your password must be at least 6 characters and should include a combination of numbers, letters and special characters (!\$@%).

Current password (Updated 04/14/2024)
.....

New password
.....

Re-type new password
.....

[Forgot your password?](#)

Log out of other devices. Choose this if someone else used your account.

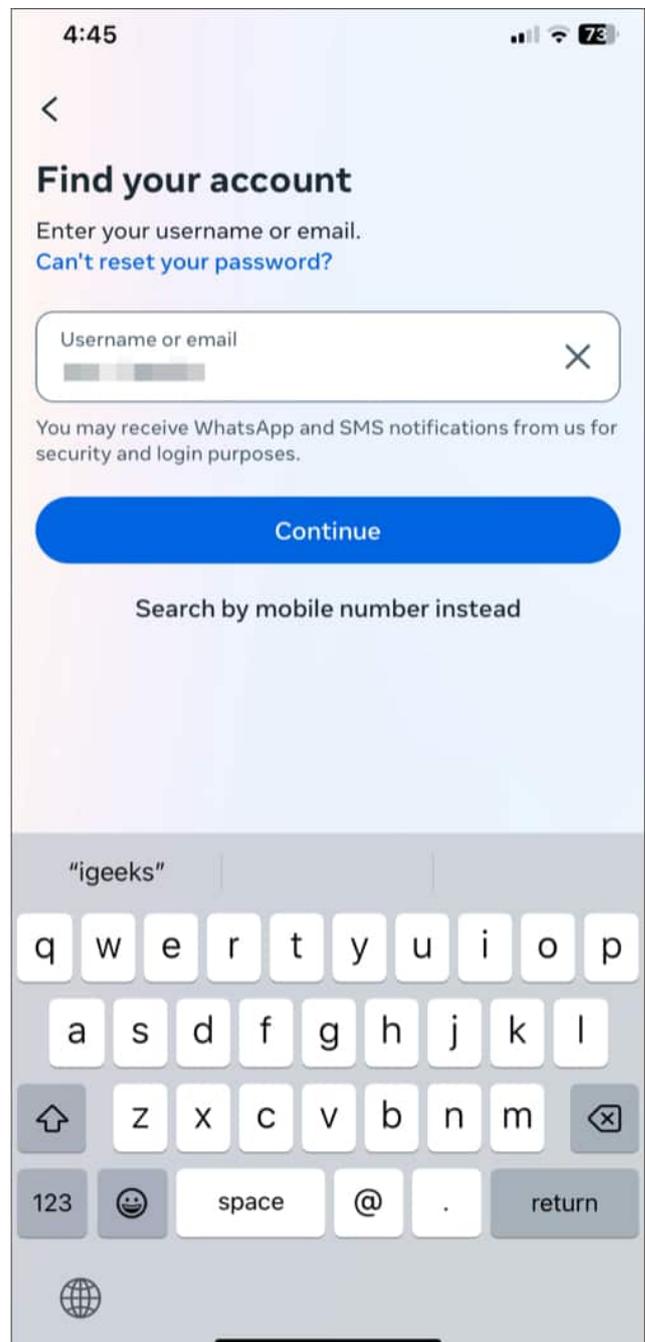
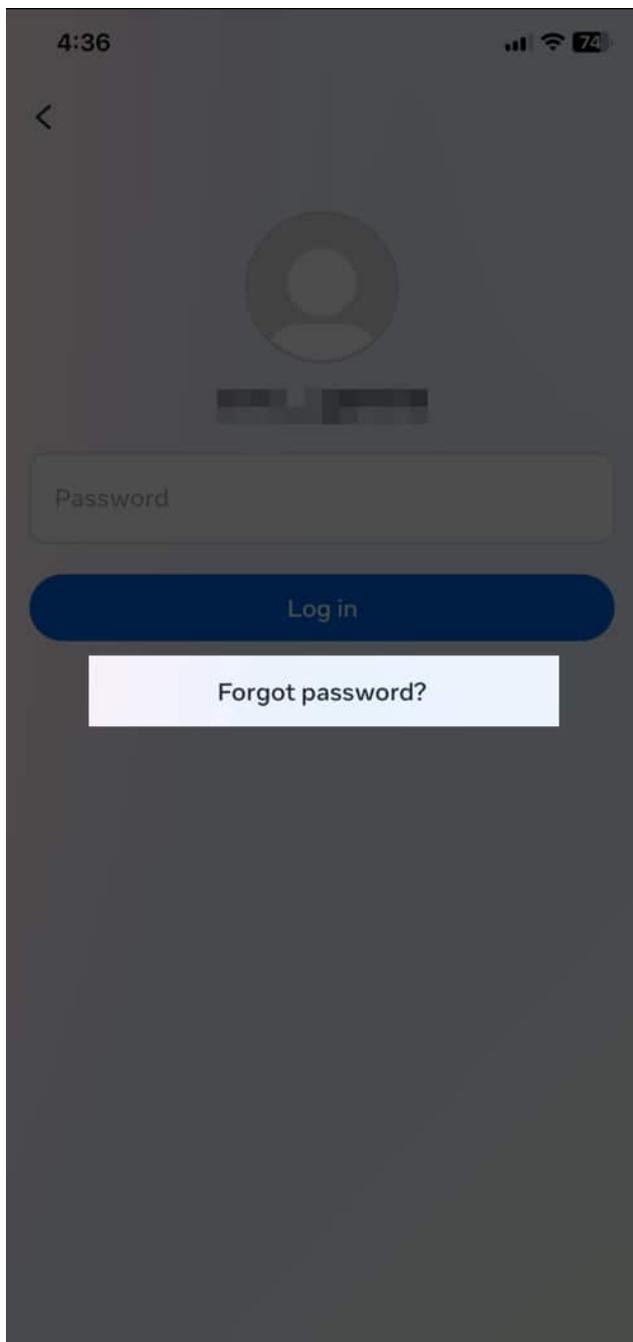
Change password

How to reset your Instagram password if you forgot it

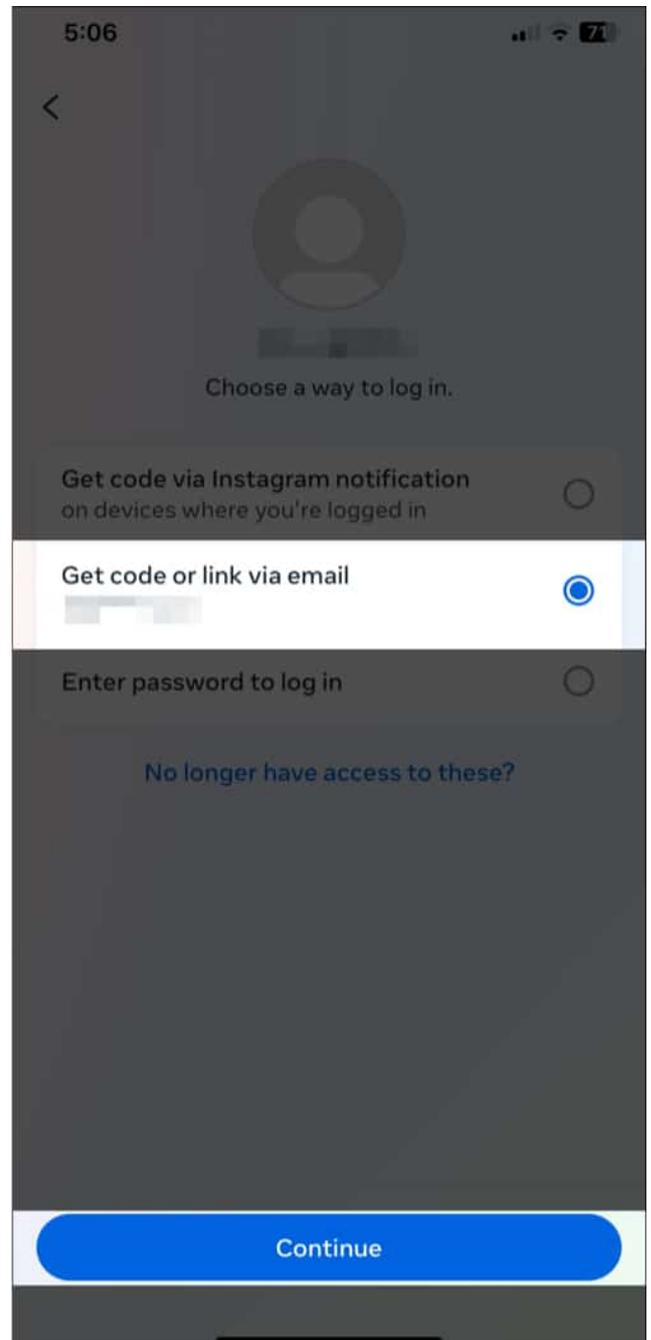
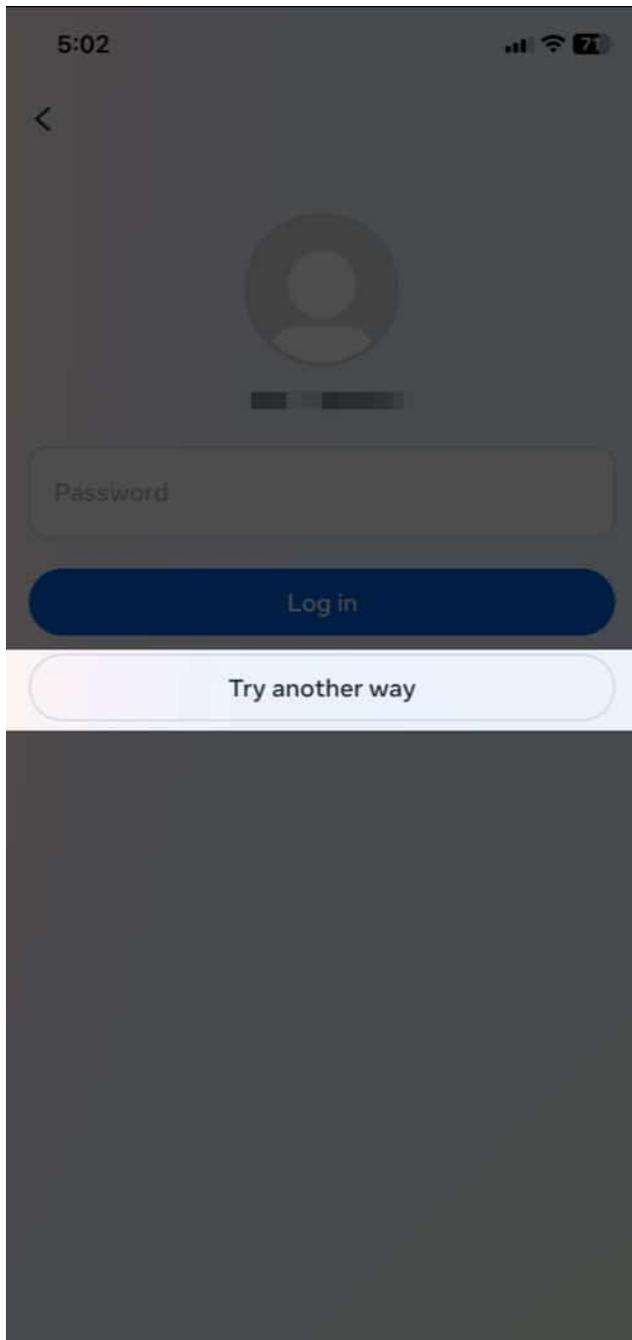
Are you trying to log in to your Instagram account but can't remember the correct password? Forgetting your Instagram password is common, but thankfully, resetting it is easy. Here's what you need to do.

On iPhone

1. Launch the Instagram app and select the account for which you want to reset the password.
2. Tap **Forgot Password?** on the login page.
3. Enter your username or email address. You can also search your account using the associated mobile number.
4. Tap on **Continue**.



5. Select **Try Another Way**.
6. Select a verification method. I chose **Get Code or Link via Email**. You can see the associated email address underneath. If you don't recognize it, tap **No Longer Have Access to These?**
7. Next, tap on **Continue**. Instagram will send you a link to reset your password.



8. Open the received email and click the **Reset Your Password** button. Check your Spam folder if you can't find the email.
9. Enter your new password twice and hit **Reset Password**.

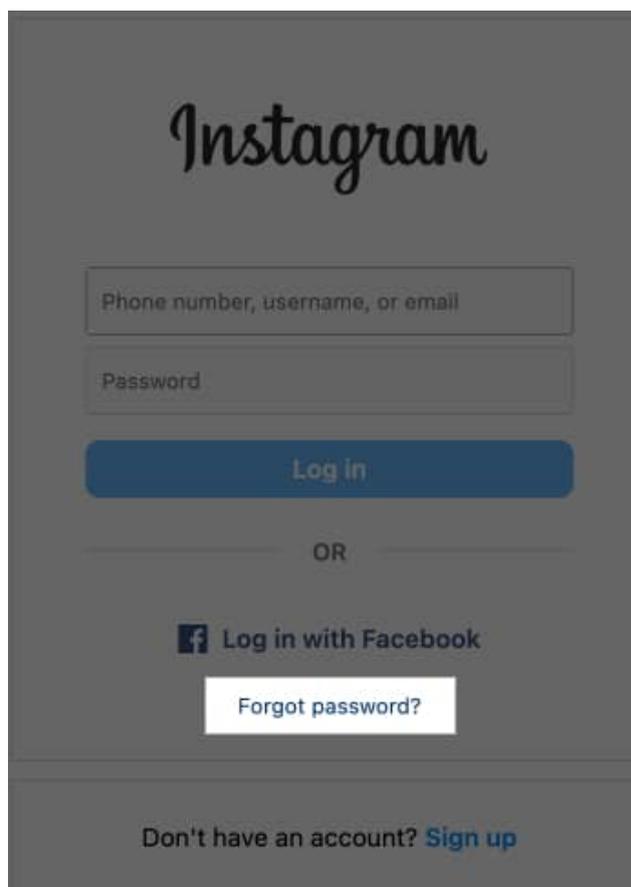
If you've enabled two-factor authentication for your account, you must enter the six-digit code sent to your linked phone number. Now, you can log in to your account using the new password.

You can also confirm your identity using your selfie to [recover your Instagram account](#). Tap on **Can't Reset Your Password?** in step three.

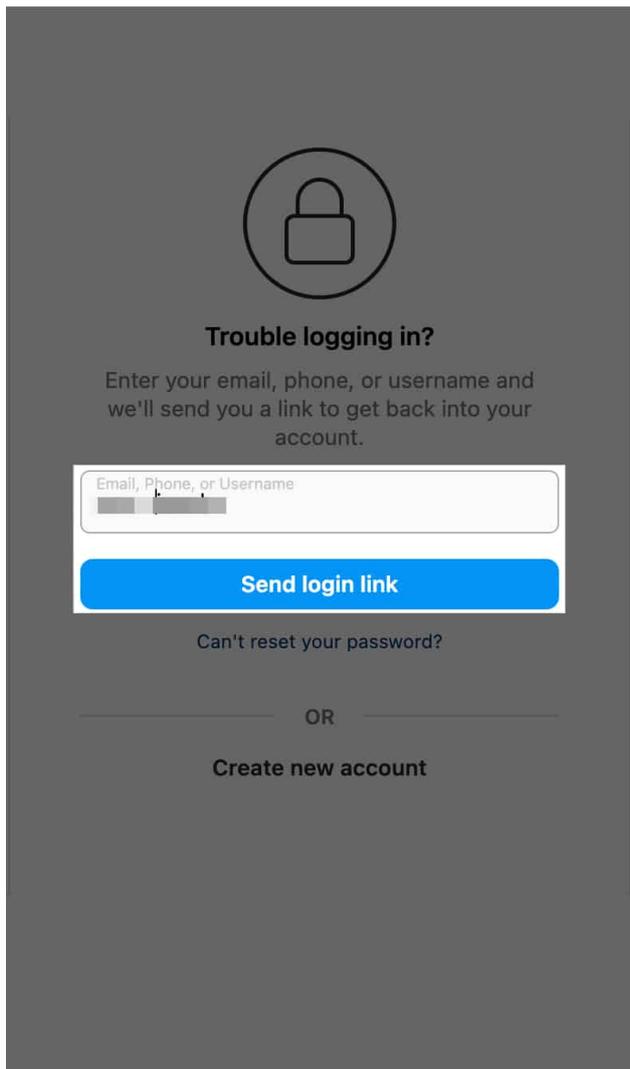
Select the **Yes, Take a Selfie to Confirm My Account** option and tap **Next**. Enter any password you have used for this account previously and tap **Next**. Select email or your phone number to receive a code and tap **Next**. Enter the six-digit code and follow the on-screen instructions.

On Desktop

1. Open your web browser and log in to Instagram.
2. Click **Forgot Password?** on the login page.



3. Enter your username, email address, or phone number associated with your account.
4. Next, click **Send Login Link**.



5. Instagram will send you a link to reset your password. Follow the instructions in the email to set a new password.

Signing off...

I hope now you can change or reset your Instagram password easily, ensuring your account remains secure and accessible. Make sure to choose a strong password and update it regularly. If you still can't regain your account, contact the Instagram help center.

FAQs

Can you change your Instagram password through Facebook?

Yes, if your Instagram account is linked to your Facebook account, you can change your Instagram password through Facebook. Go to Instagram's login page, select Log in with Facebook, and then follow the prompts to change your password.

Why am I not getting a password reset email from Instagram?

If you're not receiving the password reset email, check your Spam folder. Make sure you're using the correct email address associated with your Instagram account. If the problem persists, contact Instagram support.

What to do if the Instagram password reset link is not working?

If the reset link is not working, it could be that you're using an old link. Ensure you're using the latest link sent to your email, as sometimes, older links can expire. If you're still having trouble, request a new password reset link from Instagram, by repeating the steps shown in the guide above.

Read more:

- [How to unlink your Facebook account from Instagram: A quick guide](#)
- [How to view Instagram stories anonymously](#)
- [How to save Instagram posts and reels as drafts on iPhone](#)
- [How to remove a remembered account on Instagram](#)