

Losing access to your Facebook account is not unheard of. It is mighty frustrating when this happens! You will be locked out of your social media circles and lose access to friends. Thankfully, Facebook offers multiple ways to recover your account from iPhone and Mac.



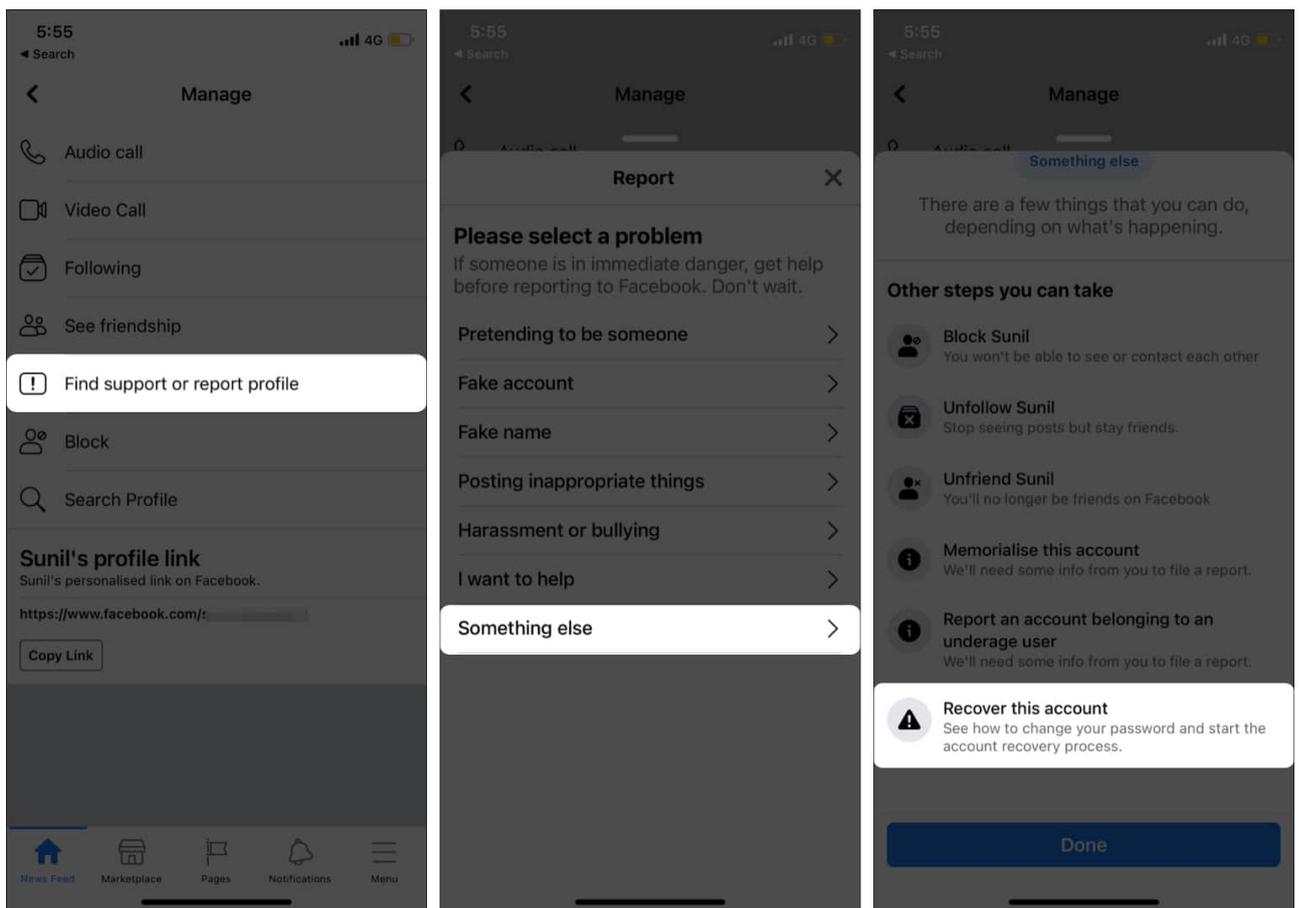
Besides, Facebook also recently added a new Live Chat support option to help get back your account. However, it is not easy in some cases. This is especially true if your account gets hacked. In this article, let us look at some of the easiest ways to recover your Facebook account manually and through automated processes.

Note: The methods listed below work on both iPhone and Mac unless mentioned otherwise.

How to recover an old Facebook account from iPhone and Mac

Did you find yourself locked out of Facebook after a social media detox? The platform deactivates inactive accounts for security reasons. Fret not; your data is completely safe and can be recovered easily. You need to ask for your friend's help as the steps involve reporting your profile.

1. Open the **profile** you want to recover.
2. Tap the **three dots icon** below the cover photo.
3. Choose **Report profile** from the menu.
4. Select the last option **Something else**.
5. Click **Recover this account** and follow the on-screen instructions.

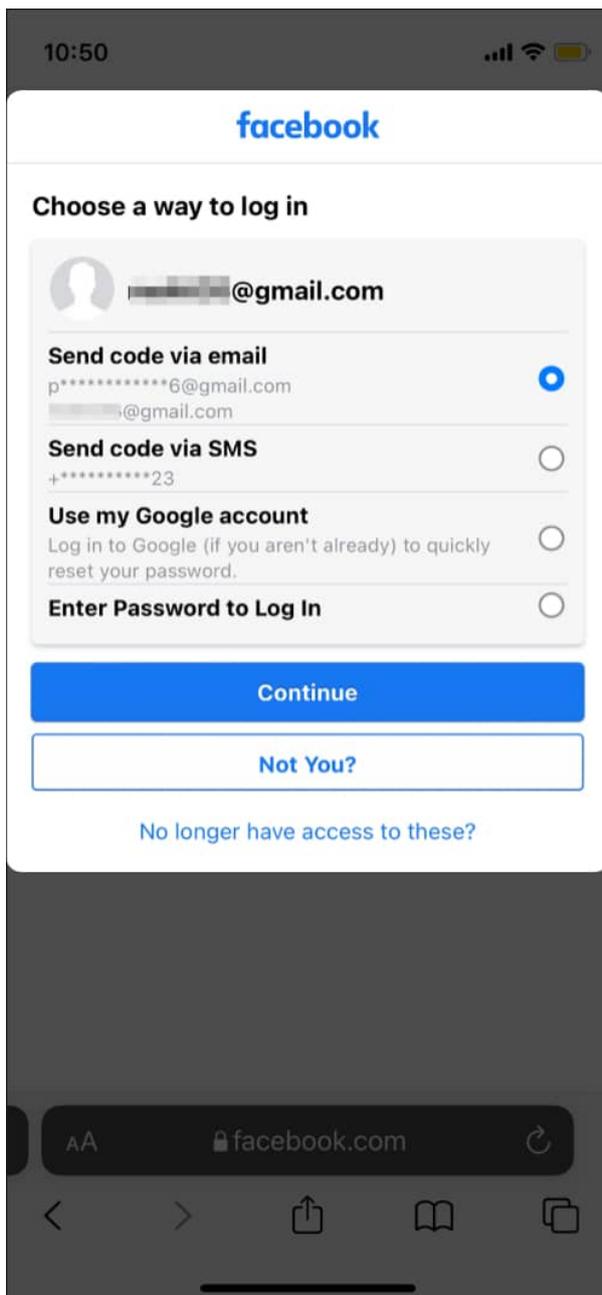


How to recover a hacked Facebook account using iPhone and Mac

Hackers often take control of your Facebook account and change credentials. This is done to prevent you from accessing the account. If you believe your [Facebook is hacked](#), “report” it here. Meanwhile, you can try to recover your account by following the steps below on iPhone and Mac.

1. Go to Facebook [Find your Account page](#).

2. Enter your **details** like email address, phone number, and search.
3. Once you find a match, select the **way** to receive your password reset code and click **Continue**.



4. Enter the **reset code** sent by Facebook and select **Continue**.
5. Now, you can **set a new password**.
6. Click **Log out** of other devices.

The hacker will be logged out from all the devices when you do this.

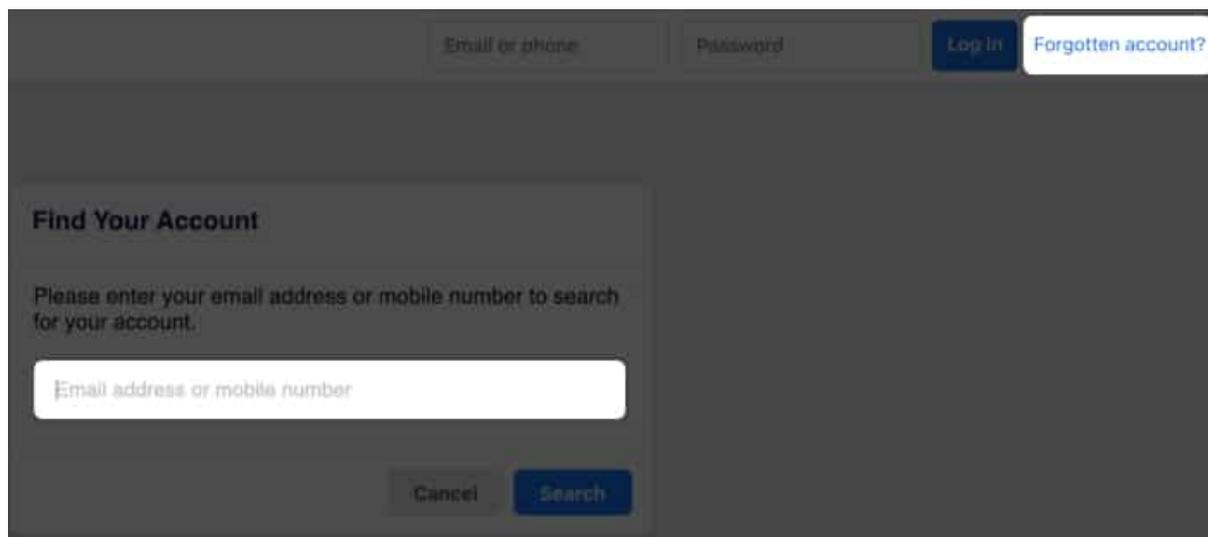
Recover Facebook account with contact details on Mac

Recovering a Facebook account is fairly easy once you assign **Trusted Contact**. You can take their help to recover the account. The solution to this problem entails generating a recovery code and getting a recovery code from your trusted contacts.

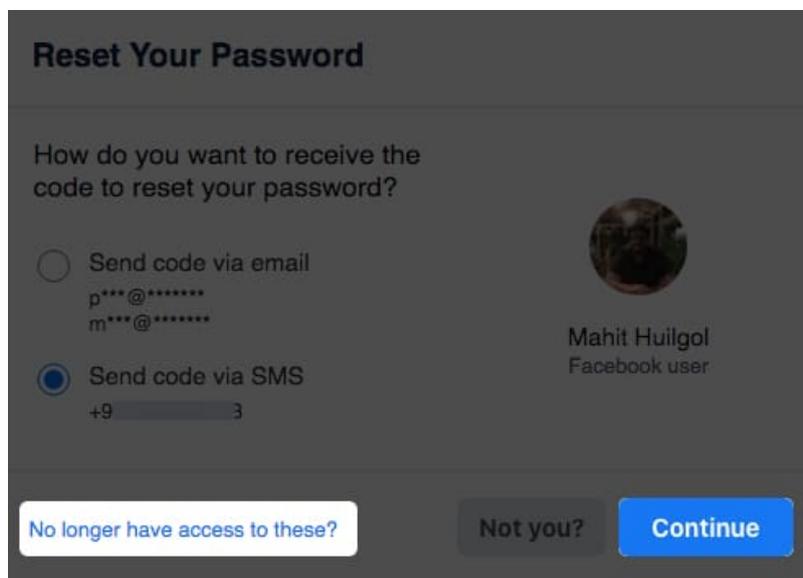
Note: You need a Mac or any other desktop to recover an account using this method.

How to generate recovery code for your trusted contacts

1. Open **Facebook**.
2. Select **Forgotten account** on the [login page](#).
3. **Search** your account by entering your email address, phone number, or full name.

A screenshot of the Facebook login page. At the top, there are input fields for 'Email or phone' and 'Password', a 'Log In' button, and a 'Forgotten account?' link. Below this is a 'Find Your Account' section with the text 'Please enter your email address or mobile number to search for your account.' and a search input field containing the placeholder text 'Email address or mobile number'. At the bottom of this section are 'Cancel' and 'Search' buttons.

4. Click **No longer have Access** if you don't have access to the listed emails.
5. Enter a new **email address** and click **Continue**.
Make sure you can access the same.



6. Click **Reveal my trusted contacts** and enter your friend's name.
Facebook will send you instructions alongside a link.
7. Copy the **link** to the clipboard.

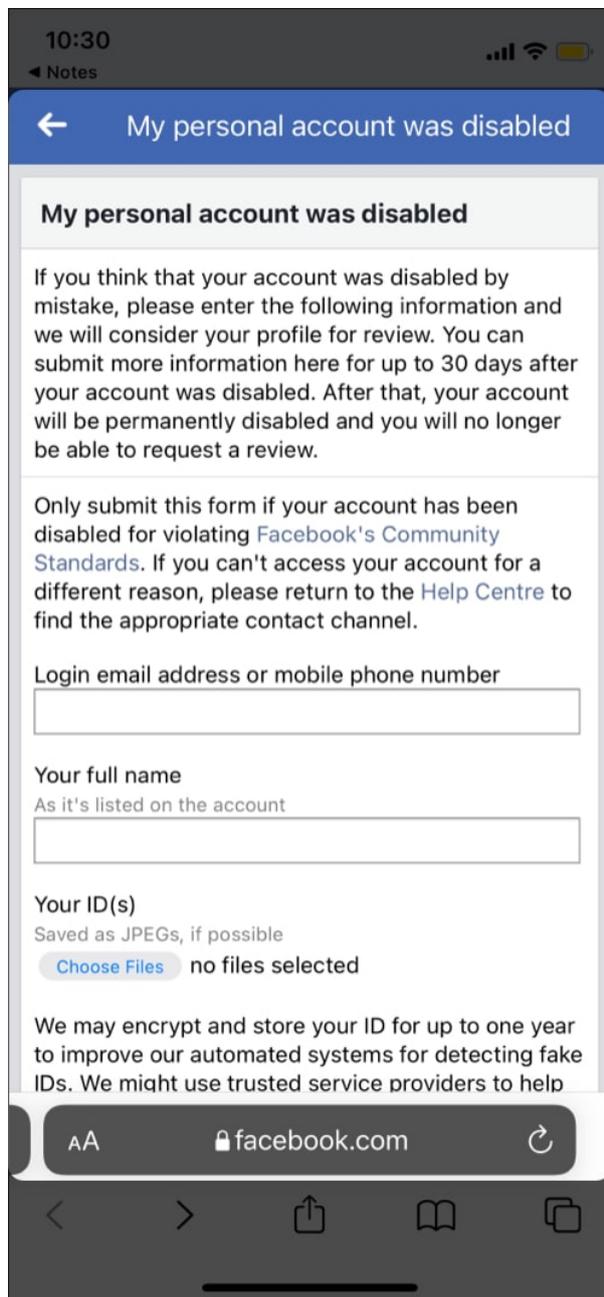
How to recover the code from your trusted contact

1. Send the copied **link** to your friend.
2. Once opened, they will get a **login code**.
Ask them to send it.
3. Use the **recovery codes** to regain access to your Facebook account.

Best way to recover a disabled Facebook account

Facebook disables accounts that [violate community standards](#). The ban extends to those who indulge in hateful speech or other inappropriate behavior. Sometimes Facebook might have disabled your account by mistake. In such cases, follow the steps below to recover your account.

1. Open and fill up [Facebook's official appeal form](#) for a disabled, personal account.
2. Enter your **email address/phone number**.
3. Enter your **full name** and upload a government-issued **ID** card.
Make sure you have uploaded both sides of the document.
4. Under *Additional info*, explain your situation. Most importantly, justify why Facebook should reinstate your account. *If it is your fault, assure that you realize the mistake. Depending on your situation, an apology could be in order.*



How to set up a Facebook account for easy recovery

As the often overused proverb goes, precaution is better than cure. It is always easier to safeguard your account as opposed to recovering it. I have listed the best ways to safeguard your Facebook account.

1. Use **strong passwords** and don't share them with anyone.
2. Learn to identify **fake websites** that pose as Facebook.
3. Avoid **phishing** and don't click links sent by unknown entities.
4. Use **Two-Factor authentication** for an added layer of security.
5. Review Facebook **security settings** using [Security Checkup](#).
6. Log out of Facebook on public/shared devices.
Be aware of scammers and bots.
7. Setup **Trusted Contact** and don't lose access to the listed email/phone number.

I hope the above methods have helped recover your Facebook account from iPhone. Have you been locked out of Facebook for no reason? Feel free to share your ordeal in the comments below.

Related reads:

- [How to recover deleted messages on Facebook Messenger for iPhone and Web](#)
- [How to download Facebook videos on iPhone, iPad, and Mac](#)
- [Ways to lock Facebook profile on iPhone using the app and browser](#)
- [How to unlink your Facebook account from Instagram](#)