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This app will allow you to log into Facebook without having to use your browser. On an iPhone or iPad, open the App Store and search for Facebook, then tap Get to download and install the app. On an Android phone or tablet, launch the Google Play Store and search for Facebook. Tap Install to begin the download and installation process. If you don't want to use the app, you can use your phone's browser and visit the Facebook mobile page at . 2 Open the Facebook app. Find the app on the home screen of your phone and tap on it to open it. The app icon looks like a white lowercase f on a blue background. Advertisement 3 Enter your email address or phone number. Once you open the app, you'll be prompted to enter your login information. Type in the email address or mobile phone number you used to create your account.[1] If you've registered a Facebook username, you can type that in instead. The first time you log in with the app, you'll be prompted to activate one-tap login. If you do so, you'll be able to log in by tapping on your name or profile picture the next time you open Facebook on your device.[2] 4 Type in your password. Next, enter your password in the Password text field.[3] If you don't remember your password, tap the Forgot Password? link instead. If you forgot your password, you can request that a password reset code or link be sent to your mobile phone or email address. 5 Tap Log In. When you do, you'll be logged into your Facebook account![4] Advertisement 1 Open the Facebook homepage. In your favorite browser, visit . If you are not already logged in, you will see the welcome screen.[5] 2 Enter your email address or phone number. If you're not logged in, you'll see a box on the right side of the page asking for your login information. In the top text field, enter the email address or mobile phone number you used to sign up for Facebook.[6] If you set up a username for your Facebook account, you can use that instead. If you don't have a Facebook account, click Create new account at the bottom of the Log In box to start the process of setting one up. 3 Enter your password. You will need to enter the password that you created in order to log in.[7] If you forgot your password, click the Forgot password? link below the sign-in fields. The Forgot password? link will prompt you to enter the email address or phone number you used to set up your account. When you find your account, you can request to have a password reset code sent to your email address or mobile phone number. 4 Click Log In. You should be taken directly to your news feed. If you have login verification enabled, you will need to enter the code that Facebook sends to your phone or email address.[8] If you are using your own computer, you may want to check the "Keep me logged in" or "Remember me" box when you log in. This will bypass the login process in the future and take you straight to your news feed. If you are on a public or shared computer, you should leave this unchecked for privacy reasons. Your browser may also give you the option to save your login information. Advertisement 1 Check your spam folder if you can't find your verification email. If you signed up for Facebook with an email address, you'll need to verify your email address before you can log in for the first time. If you didn't get a verification email when you signed up, check your spam or junk mail folder to see if it ended up there.[9] If you signed up with a Gmail account, the email could have gone to your Social folder. Click the Social tab at the top of your inbox or look for it in the Categories menu on the left side of the page. Once you find the verification email, click the link in the email to confirm your address. After that, you should be able to log in. You can also click or tap Send email again from the Account confirmation page to have the verification email re-sent. 2 Change your email address if you entered the wrong one. If you didn't get your email confirmation at all, it's possible you entered the wrong email address. To change it, try the following:[10] Visit facebook.com/confirmemail.php. You'll be prompted to enter the email address and password you used to sign up. This should take you to an Account confirmation screen. Click Update Contact Info, enter the email address or phone number you'd like to use to log in, then click Add. If you're using the mobile app, open Facebook and tap Change Email Address, enter the correct address, then tap Submit or Continue. Look for the verification email. Once you verify your updated email address, you should be able to use it to log in. 3 Ask Facebook to re-send your text code if you don't get it. If you signed up with a mobile phone number instead of an email address, you should get a text with a verification code the first time you try to log in. If you don't get the text, try asking Facebook to send you a new one. If you're using a computer, visit facebook.com/confirmemail.php and click Send SMS Again.[11] If you're using the Facebook app, enter your login information to open the Account confirmation screen. Tap Send SMS Again.[12] 4 Update your phone number if you entered the wrong one. If you're still unable to get your confirmation text, it's possible you entered your mobile number incorrectly. To find out and change it: On a computer, visit to see which number you used when you created your account. Click Update contact info, then enter the correct number and click Add.[13] If you're using the mobile app, tap your new account to log in from the app's home screen, then view the mobile number you entered on the Account confirmation screen. Scroll down, tap Change phone number, and then enter the correct number. Tap Continue.[14] If you still can't get your verification text, try updating your contact info with an email address instead. You can do that from the facebook.com/confirmemail.php page or from the Account confirmation screen in the app. 5 Try logging into an old account with an alternative contact method. If you're having trouble logging into an old Facebook account that you've already verified, you might be able to do so with an alternative phone number or email address that's associated with your account. If you're not sure what alternative contact info might be linked to your account, or if you can't remember your password:[15] Visit facebook.com/login/identify in a browser. Enter an email address or phone number you think might be associated with your account. Make sure that the account that comes up is yours. If it isn't, click Not you? and try searching with a different phone number or email address. Choose one of the options to help you reset your password so you can log in. For example, you might see an option to send an email or a text message with a password reset code. Or, if your Facebook profile is linked to a Gmail account, you can log in via Google, then request a reset link. 6 Request a password reset if you've forgotten your password. If you've forgotten your password, there are a few different ways to reset it. One easy way to do it is to click or tap the Forgot Password? or Forgot Account? link on the Facebook login screen. From there, follow the instructions to reset your password. You can also:[16] Open in a browser and enter the email address, phone number, or username you used to sign up for your account. Click Search and follow the instructions to reset your password.[17] In the Facebook app, tap Forgot Password? on the login screen.[18] If you're on the iPad app, you'll need to tap Need Help? and then Forgot Password?[19] From there, type in your username, email address, or password, then tap Search. Follow the instructions to get a password reset link. 7 Recover your account while logged into a friend's account. If all else fails, you can recover an old Facebook account while logged into an active account (either a separate account in your name or one that belongs to a friend or family member). Visit the profile of the old account that you'd like to recover and do the following:[20] Click or tap ••• under the cover photo on the account. Select Find support or report profile or (in some versions of the app) Report Profile. Click or tap Something Else, then Next. Select Recover this account and follow the instructions onscreen. 8 Request a review if your account has been disabled. If Facebook has blocked or disabled your account for some reason, you won't be able to log in again until the issue is resolved.[21] To request a review and try to recover your account so you can log in again, visit and follow the instructions on the page. Advertisement Add New Question Question How can I login to my own Facebook account without entering my password all the time? When you enter your login information, make sure that the "keep me logged in" option is checked. Once it is checked, you can login as usual. Question Why do I suddenly have to type my email and password every time I log into Facebook when I have had my account for years? This may have something to do with cookies being turned off in your browser. Cookies are little bits of data that a website stores on your computer so certain information is available every time you visit. This often includes login info. It could also be that someone else is using the same computer and logging you out. Question How do I delete friends on Facebook using a mobile device? Go to a friend's Facebook profile, select "friends," then press "delete friend." See more answers Ask a Question Advertisement This article was co-authored by wikiHow staff writer, Megaera Lorenz, PhD. Megaera Lorenz is an Egyptologist and Writer with over 20 years of experience in public education. In 2017, she graduated with her PhD in Egyptology from The University of Chicago, where she served for several years as a content advisor and program facilitator for the Oriental Institute Museum's Public Education office. She has also developed and taught Egyptology courses at The University of Chicago and Loyola University Chicago. This article has been viewed 663,211 times. Co-authors: 25 Updated: February 25, 2025 Views: 663,211 Categories: Facebook Basics Print Send fan mail to authors Thanks to all authors for creating a page that has been read 663,211 times. If you haven't used Facebook in a while, you might have forgotten your password. To reset your password, you need to go to the Facebook website and select "Forgotten password?". However, you might not want to go to the trouble of resetting it. If that's the case, you can try seeing if your password is saved on your device. In this guide, you'll learn how to find or see your Facebook password on your iPhone and Google account without logging in or changing it. To see your Facebook password, you can check if you've saved it on your device. For an iPhone, open the Settings app > Passwords > Facebook. For a Google account or Android, go to your Google account > Security > Manage Passwords > Facebook. If you still can't see your Facebook password, you need to reset it. Here's how to check if your Facebook password is saved in your iPhone: Open the Settings app on your iPhone. Scroll down and select "Passwords". Use Face ID or enter your passcode. Select "Facebook" to see your login details for Facebook. Here's how to check if your Facebook password is saved on Google: Go to . Log in to your Google account. Security > Password Manager > Manage passwords. Enter your Google password to verify your identity. Select "Facebook" to see your login details for Facebook. If you're logged in to Facebook, you won't be able to see your password directly on the app. This is because Facebook does not allow it as it compromises your security. If you're using an iPhone, passwords might be automatically saved to your device. Similarly, if you're using an Android device, passwords might be automatically saved to your Google account. You can check if your Facebook password is saved by following the methods above. How to Add a Follow Button on Facebook What Does "Following" Mean on Facebook? 3 Steps to Appear Offline on Facebook Messenger Have you ever had that moment of panic where you realize you've forgotten your Facebook password? Don't worry, it happens to the best of us. Luckily, Facebook has made it pretty simple to reset your password and regain access to your account. In just a few steps, you can be back to scrolling through your newsfeed in no time. Before we dive into the steps, it's important to know that you'll need access to the email or phone number associated with your Facebook account. This is how Facebook will verify it's really you trying to get back into your account. Start by navigating to the Facebook login page on your web browser. On this page, you'll see a "Forgot Password?" option right below the password field. Clicking this will take you to the password recovery page. Enter the email address or phone number linked to your Facebook account. Facebook will use this information to find your account and send you a password reset link. Make sure you have access to this email or phone number, or you won't be able to complete the process. Look for a message from Facebook containing a code to reset your password. This message should arrive within a few minutes. If you don't see it, check your spam or junk folder just in case it ended up there. Input the code you received and create a new password for your Facebook account. Choose a strong password that you haven't used before on Facebook. It's a good idea to use a mix of letters, numbers, and special characters to make it more secure. After you complete these steps, you'll be able to log back into your Facebook account with your new password. Just remember to keep track of it this time! Use a password manager to keep track of your passwords and avoid this situation in the future. Update your Facebook account recovery options regularly to ensure you have access to the email or phone number on file. If you can't access your email or phone number, try reaching out to Facebook support for further assistance. Avoid using easily guessable passwords like "password" or "123456". If you suspect your account has been hacked, follow Facebook's instructions for securing your account immediately. If you've lost access to the email or phone number associated with your Facebook account, you may need to provide additional information to verify your identity. Contact Facebook support for help with this process. No, if you've forgotten your password, the only option is to reset it. It should take just a few minutes to receive the password reset code. If you haven't received it, make sure to check your spam or junk folder. Facebook may temporarily lock your account after too many failed login attempts to protect your security. You'll need to wait a while before trying again or follow the password recovery process. No, resetting your password requires access to the email or phone number linked to your account. Protect this information to prevent unauthorized access. Go to the Facebook Login Page Enter Your Email or Phone Number Check Your Email or Phone for a Password Reset Code Enter the Code and Set a New Password Forgetting your Facebook password can be a minor roadblock, but it's nothing you can't handle with the right steps. Just breathe, follow the process, and before you know it, you'll be back to liking, sharing, and posting as if nothing happened. Just make sure to take the necessary precautions to protect your new password and consider using a password manager going forward. It's also a good idea to regularly update your recovery information on Facebook to avoid any future hassles. So, what are you waiting for? Get started on recovering your forgotten Facebook password and rejoin the social media world! Matthew Burleigh has been writing tech tutorials since 2008. His writing has appeared on dozens of different websites and been read over 50 million times. After receiving his Bachelor's and Master's degrees in Computer Science he spent several years working in IT management for small businesses. However, he now works full time writing content online and creating websites. His main writing topics include iPhones, Microsoft Office, Google Apps, Android, and Photoshop, but he has also written about many other tech topics as well. Read his full bio here. Are you having problems logging into Facebook? Whether you forgot your login details, or your Facebook account was hacked, there's no reason to panic. There are a few different ways to recover a Facebook account when you can't log in. If you believe your account has been hacked, you should probably go over the main Facebook privacy tips and make sure it doesn't happen again. But if for some reason you just can't remember your login details, the simple recovery process should help you access Facebook again. It sounds silly, but the first thing to do if you find yourself logged out of your account is to check if you still have an active Facebook session on one of your devices. For example, if you can't log into your Facebook on your smartphone, it's possible that you're still logged in on your desktop and vise versa. This is probably the easiest way to recover a Facebook account, since all you need to do here is manually change your password in your account's privacy settings. So if you find that you still have an active Facebook session on one of your devices, follow these steps. Click on the drop down arrow in the top right corner of the screen, and choose Settings. From the menu on the left side, choose Security and login. Under Login, find Change password. Click Edit to change your password. In case you don't remember your current passcode, click Forgotten your password? to reset it using your email address or a phone number. After you do that, if you suspect that someone hacked your account, in the same menu go to Where you're logged in. There you can choose to Log out of all sessions. It will log you out of every active Facebook session except the current one. Then you can safely log back in with your new password details. If you find yourself logged out of Facebook on every device, the first thing to do is to try and log back in with Facebook's default account recovery options. Go to Facebook and click Forgotten account? in the top right corner of the screen. This will take you to the Find Your Account window.From there,you can do a few different things to identify your account. The first option is to enter your email or a phone number. If either of those are connected with your account, Facebook will send you the confirmation code and you'll be able to reset your password and log back in easily. If you can't login to Facebook with your usual details, you can also try and use a different email or a phone number of yours. If you listed more than one email address or phone number when creating your Facebook account, this might be your way in. This is assuming you still remember your password or have it stored in your password manager. Even if it doesn't say so in the Find Your Account window, you can use your Facebook username to regain access to your Facebook. Type your name or your possible username (if you don't remember it exactly) into the search bar and see if it pops up on the list. When you see your profile picture, click This is My Account and follow the steps to reset your password and log back in. In case all of the strategies we've mentioned above have failed, your next step is to try to recover your Facebook account using Trusted Contacts. The only problem here is that Trusted Contacts is the option that you need to have set up before you find yourself logged out of Facebook. So even if you've successfully logged into your account, we advise you to think ahead and set your Facebook Trusted Contacts right now. On Facebook, click on the drop down arrow in the top right corner of the screen, and go to Settings. From the menu on the left, choose Security and login.Under Recommended, find Choose friends to contact if you are locked out, and click Edit. You will then be prompted to add 3 to 5 friends that you can reach out to should you have a problem with your account. You can later edit this list by adding or removing people. Once you activate your Trusted Contacts, it becomes a lot easier to log into your Facebook account when you forget your credentials. When you're logged out of Facebook, click Forgotten account. In Reset Your Password window, click No longer have access to these. Enter your new email address or a phone number, and click Continue. From there, you'll get the instructions on how one of your trusted contacts can help you regain access to your account. Your friend will need to follow the special link and then send you the recovery code. You can then safely log back into Facebook. You can find yourself logged out of Facebook for one of two main reasons. Either someone has broken into your account, or you forgot your login details. For extra security, you can set up two-factor authentication on Facebook, and to avoid the latter, start using a password manager to keep your data at hand. Have you ever had to recover a Facebook account? Do you know any other ways of logging back in? Share your experience with us in the comments below.

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