



[Knowledgebase](#) > [cPanel Shared Web Hosting](#) > [cPanel - WordPress](#) > [Updating your WordPress password via phpMyAdmin](#)

# Updating your WordPress password via phpMyAdmin

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## Overview:

This guide explains how to reset your WordPress password using the phpMyAdmin tool in cPanel. Familiarity with SQL services is recommended.

## Prerequisites:

Before you start, make sure to take a backup of your MySQL database to ensure you can revert any changes if needed.

## Method:

1. Navigate to your cPanel-hosted service.
2. Locate your WordPress database name in the "**wp-config.php**" file. The file will be stored in your WordPress installation directory.
  1. In the "**wp-config.php**" file, under "**name of the database for WordPress**", you will see the function calling your database name which will read: "**define( 'DB\_NAME', 'Database\_Name' );**".
3. Click the "**phpMyAdmin**" tool under the "**databases**" category.
4. Expand the database associated with your WordPress website, (e.g. USER\_WP123).
5. Find the "**\_users**" table. It will have a prefix that would have been defined during the WordPress installation. Click to open the table.
6. Identify the user you want to change the password for. (Usually, the "**admin**" user is found under the "**user\_nicename**" column).
7. Select "**Edit**" on the required user.
8. Find the "**user\_pass**" row and select "**MD5**" in the drop-down list under the "**Function**" column.
9. Enter your new password in the "**Value**" field.
10. At the bottom of the page, make sure the drop down menus state "**Save**" and "**Go back to previous page**", then click "**Go**" in the same box.

11. Test the updated credentials at **YOURDOMAIN.COM/wp-login**.

**Note:**

If you're not comfortable following these steps, don't worry! You can always reach out to our [Micron21 Support team](#) to help you reset your password. We'll be happy to assist you and the service will be charged at our standard ad-hoc rate.