Updating your WordPress password via phpMyAdmin

Vincent (Vinnie) Curle - 2023-03-20 - Security

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.