

Detailed steps for resetting your password:

1. Browse to: <https://aka.ms/sspr>
Type in your account name and the captcha characters and click next.



Get back into your account

Who are you?

To recover your account, begin by entering your email or username and the characters in the picture or audio below.

Email or Username: *

Example: user@contoso.onmicrosoft.com or user@contoso.com



Enter the characters in the picture or the words in the audio. *

Next

Cancel

2. This brings you to the verification page.



Get back into your account

verification step 1 > choose a new password

Please choose the contact method we should use for verification:

Text my mobile phone

Call my mobile phone

In order to protect your account, we need you to enter your complete mobile phone number (*****85) below. You will then receive a text message with a verification code which can be used to reset your password.

Enter your phone number

Text

[Cancel](#)

Choose the method to verify your account.

3. After you prove your identity it will prompt you for a new password



Get back into your account

verification step 1 ✓ > verification step 2 ✓ > **choose a new password**

* Enter new password:

* Confirm new password:

Finish

Cancel

Hints about choosing a new password:

- It can't be one of our old passwords.
- We do ask you not to reuse a password that you use from other places.
- It must be at least 8 characters
- It has to have three of four different types of characters: Upper Case, Lower Case, Numbers, Special Characters (i.e. !@#\$%).
- It cannot contain your name or account name
- It cannot be a very common password like Password