

# How to Reset a Joomla Password or WordPress Admin Password

So, you're "admin" and you forgot your password. Yeah, we've all been there.

1. Fire up PHPMyAdmin or get into your db somehow.
2. Go into the \_users table. This is usually mos\_users, but there's the option to make your own prefix on the db tables, so you may have changed it.
3. Look at all the users. Find the admin one and update the password to the following, which equals "admin":

[Copy](#)

```
21232f297a57a5a743894a0e4a801fc3
```

4. Your password should now be:

[Copy](#)

```
admin
```

You should, of course, change it immediately.

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## Reset a WordPress Password

And here's how to do it in WordPress with SQL:

```
UPDATE 'wordpress'.'wp_users' SET 'user_pass' = MD5('PASSWORD') WHERE  
'wp_users'.'user_login' ='admin' LIMIT 1;
```

In this example, the new password will be: PASSWORD

You should, of course, change it immediately.

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