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À ¢ Å,~ ¢English (United Kingdom) ¢~À ¢ Å,~ ¢Å ¢English (United States) ¢ ¢Español ¢ ¢ OL (LatinAraMaMaf © Rica) ¢~ So it was violated or forgotten your credentials access and lost access to your email or social media account now? First, let's start with what you shouldn't do: panic. You are not the first person to go through this, and you will not be the last. The big companies know it and have invented ways to make you recover your account and get your life back online. In this article, we will go through all the steps you need to follow to retrieve important accounts like Google / Gmail, Microsoft, Yahoo, Facebook, Twitter and Instagram. What you have to take into consideration, however, is that each of these companies will try before you understand if you are actually reliable. Here are some of the elements that will help a company determine if you really are, and not someone else: have you led the account access in the past from the same device? If you use the same PC for login and also to retrieve account, the e-mail provider has a greater security that you are. Have you activated two-factor authentication? Do you have a backup e-mail set for the account? Have you reminded a password password? Did you answer any security questions? To help you surf more easily, here is a series of internal connections to quickly switch from one account to another. How to recover your Google / Gmail account first step 1, you need to access the following link: Å, ¢ and enter your email address. Step 2 Click Å ¢ Å,~ ¢ "Forgot password? Å, Å,~. Now you need to enter the last password you remember and press Å ¢ Å,~ ¢ "NextÅ ¢ Å,~. Try to be as accurate as possible, as it is more likely that an accurate password determines if you are who you say. If you have provided a phone number for two-factor authentication, you will be brought to this screen, where you need to confirm the exact number you have used. Step 3 If your account has been secured with a push notification prompt, you will come immediately on this screen: Now you need to receive a push notification on the device asking if you are actually. If you receive push notification and say "Å ¢ Å,~", your recovery is almost complete and you will receive a verification code on the backup e-mail of your choice. Step 4 Google will then send a verification code to the email address you have chosen. Step 5 You will need to enter the verification code from your e-mail in the Browser dialog box: Step 6 After entering the code, Google will ask you to create a strong and new password for your account. We strongly recommend using this opportunity to set a strong password, which meets the following criteria: at least 10 characters long. Contains at least a capital letter and tiny. It has at least one number. Use a special character. Recovery of your Google / Gmail account When you do not have a phone number Step 1 If you have not had any of these security measures in place, you have the chance to click Å ¢ Å,~ "Another way" and you will be taken from this screen ¢ Å,~ | Å ¢ Å,~ | Å | The screen below: Answer the security question when you created your Google account? As always, try to be as accurate as possible, to cement the confidence of Google that you are really the real user behind this account. Step 2 You will receive a link to reset the password at your Google email address from 6 to 12 hours. Step 3 If you have also set your phone number, you will send you a message to make sure you actually have been asking you. Step 4 forward, they will send your recovery request to Google. Step 5 At this time, everything is in the Google court. They are those who decide, based on the information you provided, if your account is or less. If you approve your request, you will receive the following email, requesting you to change your password. Just click on Å ¢ Å,~ ¢ "Get started". Step 6 Follow the link and change the password: By now, this should be, and your account should go back Your hands are safe and secure! If you want to take things directly to Google to retrieve your account, we suggest you access this link to find the best option available to contact them. How to recover your Yahoo e-mail account to retrieve your Yahoo mail password, first try to access your account. If your password has changed, select Å ¢ Å,~ ¢ "this double signature? Å, Å,~. You will have the opportunity to access your account using your Yahoo login e-mail address or phone number, retrieval phone number and recovery email address. Restoring your Yahoo Mail account When you backed up with an email address Step 1 Simply play in your backup e-mail address when you see the screen above and click Continue. So, you'll see the screen below, where you need to select Å ¢ Å,~ ¢ "Yes, send me a verification code". Step 2 You will receive the verification code on your backup email address and should be good to go. Restore the Your Yahoo Mail Account When you backed up with a phone number Step 1 If you have connected your account to a phone number, after typing your number, first of all, you will be asked to show that you are not a robot . After confirming, you can click Continue. Step 2 If you have access to that phone, select Å ¢ Å,~ "Yes, send me a verification message". Step 3 you should receive a text message on the phone with the verification code Yahoo: Step 4 So, type the verification code you received via SMS. Step 5 Once you enter the code you received, confirm that the phone number is connected to your Yahoo account. Step 6 as soon as you click the name Account, it's NEC You can access your account. How to always have a protected Yahoo account and backup-up Step 1: Activate the Yahoo account key You can use Yahoo Mail, Fantasy, Finance, Yahoo Newsroom, and others for your iOS or Android phone / tablet to ensure your account with Yahoo Account key. You can activate this option from the account security options: select Å ¢ Å,~ "How it works" and you will be directed to this screen: Step 2: Enable verification in two phases for extra protection, we invite you to allow steps. VerificationÅ ¢ Using your phone number. After activating this function, Yahoo will notify you that some apps, such as iOS mail and Outlook, do not support verification in two phases, so you also have the chance to generate special passwords to reconnect them. Step 3: Configure a phone number and a recovery email address also, make sure you have a phone number and a backup email address in place for multiple ways to buy access to your account. If you don't have any more access to your recovery e-mail address or phone, bad news is that you will not be able to retrieve your account. However, if you have a Yahoo Pro account (paid support option, only us), you can contact them by accessing Yahoo's guide site and selecting Å ¢ Å,~ ¢ "Speak with a live agent". Not Call the phone numbers advertised on suspicious websites, since these are clearly online scams! The only Yahoo support sites that you can rely on end with Å ¢ Å,~ ¢ "yahoo.com". You can also report hacking attempts conducted against your email. As a general rule, do not engage with random callers who claim to be from Yahoo or other suppliers, since these are the scam phone calls. The simple way to protect you against malware here is 1 month of HeimdalÅ ¢ "Å ¢ Home threat prevention, at home! security safety maintain your financial and other confidential details How to recover your Microsoft account first of all, access Microsoft Log in on WebPage. What to do if you can't remember your Username Microsoft Step 1 Click on the option Å ¢ Å,~ ¢ "Forgot Username". You will be redirected to this screen: here you have the possibility to enter your alternative e-mail address or the Telephone number connected with your Microsoft account. If you choose to retrieve your Microsoft account using a phone number, you simply type Your number and choose the method through which you would like to check the phone, with text or call. In this case, our chosen method has been the text. Step 2 Enter the code you received. Step 3 If you want to restore the Outlook account using an alternative e-mail address, Microsoft will send you a security code at the email address provided. Step 4 Enter the code: Step 5 If you entered the code correctly, Microsoft will give you some suggestions on what your username is. We hope, in this way you will remember it and is able to access. What to do if you can't remember your Microsoft Password password password 1 that you remember your username, but I have no idea what your password is. After typing your username, you will be redirected here: Step 2 Just click on Å ¢ Å,~ ¢ "Forgot my password ¢ Å,~", which will take you here: Step 3 Click Å ¢ Å,~ ¢ "Next ¢ Å,~. Microsoft will try to verify your identity and send you a security code via e-mail or phone. If you have one of these set up, you should be able to easily regain access. Step 4 If you don't have access, select Å ¢ Å,~ "I don't have any of these. Step 5 will be brought to this form, where you need to fill in the required details. Step 6 after typing in your e-mail address. You will receive a security code, then digite in the box that will be displayed after clicking Next. Step 7 Other module will be invented: Microsoft asks you to fill in the modules from a device previously used to access the lost account, if possible. This reinforces Their confidence that is really trying to recover the bill. Furthermore, we advise you to do your best to send all the details the most accurately possible. Step 8 After pressing ahead, this module will be displayed: Step 9 After completing the Rest of the details, you will receive an e-mail within 24 hours in which Microsoft will let you know if you have provided enough information to recover your account. How to recover yours Facebook account so that your Facebook account ¢ has been violated "and someone has obsessively posted photos of nice cats every 10 minutes on your feed. Fortunately, Facebook has your own process to retrieve your account, but it takes to check the recording e-mail or a phone number associated with the account. Step 1 First of all, click on Å ¢ Å,~ ¢ "pergot account? Å, Å,~ on the access screen to facebook ": step 2 will be asked to search for your account, with phone or e-mail. Step 3 If you enter your e-mail address, you will have the chance to receive the code via e-mail. Step 4 After choosing the email address option, you will receive a 6-digit number. Enter it in the box below. Step 5 If you no longer have access to the e-mail account used to create your facebook profile, Unfortunately, you will not be able to regain access to your account in this way. Sorry! Unfortunately, you will not be able to access your account by typing your phone number, since Facebook suggests sending you a code via e-mail. And if you don't have access to that email address, you have reached a blind alley. The recovery of the Facebook password through a friend even if this practice involves a little more effort, the good news is that you can retrieve your account to use actually another Account. Or ask a friend to help you with this, or simply create a new facebook account and do it from there. Step 1 So, visit your Facebook page of your Lost account and click on the 3 points next to the option Å ¢ Å,~ ¢ "Message" and then click Å ¢ Å,~ ¢ "ReportÅ ¢ Å,~. Step 2 Choose the option Å ¢ Å,~ ¢ "somequalice". Step 3 In the following menu, select Å ¢ Å,~ ¢ "Recover this account". Step 4 on the next screen, You will ask you for an email (or a phone number added one) where you can send you an authentication code. The email address is what you used to record the account or secondary email address you added along the way. Step 5 If you use the e-mail or phone option, you will receive a message with an authentication code. Type this confirmation code in Recovery form. Step 6 After YouÅ ¢ Ve entered this confirmation code, Facebook will ask you to enter a new password. Our help with the help increases the attendance figure out a complex password. Step 7 After youÅ ¢ e game is made to set the password, you will be wondered if you want to log in from all devices. This is a very useful feature because, even if you change the password and restored the account, the attacker is still connected to your account and can continue to send from it. We highly recommend you click on a Registry of another DeviceÅ ¢ e option. And this is! You should have recovered your account. If after following these steps you are still able to access the e-mail you used to record your account, then you are likely that your Facebook account is lost forever. How to recover your Twitter account Phase 1 If the malicious hacker changed the Twitter password, click on Å ¢ Forgot? Å, Text to start the recovery process. Step 2 Follow the instructions on the screen and the type of user or email your account s. Step 3 Next Up, you will be asked for the number of registration e-mail or phone verification associated with the account. Step 4 Twitter will send you a link via e-mail or a verification code via text message to reset the password. Click Reset Password in the e-mail you received. Step 5 On the next screen, Twitter will ask you to enter a new password. Use this guide to help set up a complex password. Step 6 After youÅ ¢ e you set up a new password you should automatically be logged in to your account. Recover your Twitter account when you do not have access to a phone number or recovery e-mail phase 1 so you donate to have access to your email registration e-mail or phone number. If you have lost access to the recording e-mail, you need to click on ¢ I donÅ ¢ e I have access to any Thesea. Step 2 This will take you to a screen that asks which account you are currently trying to recover. Type the Twitter account to have lost access to. Step 3 Next, after you provide your Twitter ID. You will be asked for an e-mail that Twitter can be used to contact the user, and even a form in which you can insert your reasons to explain why you have lost access to your account. A step 4 after youÅ ¢ e ve filled out all the steps, youÅ ¢ e ll need to arm patience while Twitter processes the request and contact you. How to recover your Instagram Instagram account has advanced recovery options available only from your mobile app. A desktop offers only the password reset settings. Before you start, though, it's penalty of noticing the InstagramÅ ¢ s policy regarding violated and deleted accounts: a if your account has been deleted by you, or someone with the password, thereÅ ¢ e s there is way to restore ita. In other words, it is once you miss the Instagram account, ita s permanent. And yet, here are the ways to recover your account until Hasna T yet deleted: Recover your Instagram account from the Mobile App Step 1 On the login screen, press the forgotten the text password Å ¢ ? . Step 2 The mask that offer a number of options to access your account, depending on how it was created. The choice of email or phone number options will invite you a password reset link on both your phone or e-mail. Step 3 Change the password using the Instagram YouÅ ¢ e reset link sent | Å ¢ | OR Enter the 6-digit code received via SMS. How to recover your Instagram account that do not have access to dir Recording e-mail or telephone number step 1 Let s Donate t have access to e-mails of or a phone number. If lost access is to your e-mail account and phone number, youÅ ¢ e ll should dig deeper and press the need for more help? Å, text. Step 2 This will take you to a list of options that will help you describe your account so that it can correctly Instagram to recover it. Choose options that best fit your situation. Also, make sure you fill out any more details? Box a pertinent possible information as much as possible. The most in-depth yes Your situation, easier will be for Instagram employees to correctly recover your account. Step 3 After this step, everything is in the hands of Instagram and you will have to wait for a response from them. How to restore Instagram password from the site website 1 from the login page, click on the text Å ¢ Å,~ ¢ "ForgotÅ ¢ Å,~ on the right side of the password field. Step 2 Next, you will be brought to a screen that requires your email, phone or user name. NOTICE There is no option in case you have lost access to the e-mail account used to register the account. Å ¢Step 3 After this step, you will receive a link for a password reset link. Follow the instructions on the screen to change the password and return to your account. How to prevent your accounts from being hacked the Å ¢

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