Resetting a WordPress Password from phpMyAdmin, WP Toolkit or WP-CLI: When the Reset Email Never Arrives

WordPress Guides · https://www.hyyat.com/en/knowledgebase/reset-wordpress-password-phpmyadmin/

Short answer In cPanel open **phpMyAdmin**, choose your site's database, then the users table (`wp_users` or a table ending in `_users`), and click **Edit** next to your account. For `user_pass` choose **MD5** in the Function column, type the new password, then click **Go**. WordPress accepts it and re-hashes it with stronger encryption at your first login.

Embedded media: https://www.hyyat.com/wp-content/uploads/2026/11/hyyat-wp-pass-en.mp4?_=1

The normal route is **Lost your password** on the login page. This guide is for when that fails: the email never arrives, the admin email is an old one you no longer own, or you need in right now.

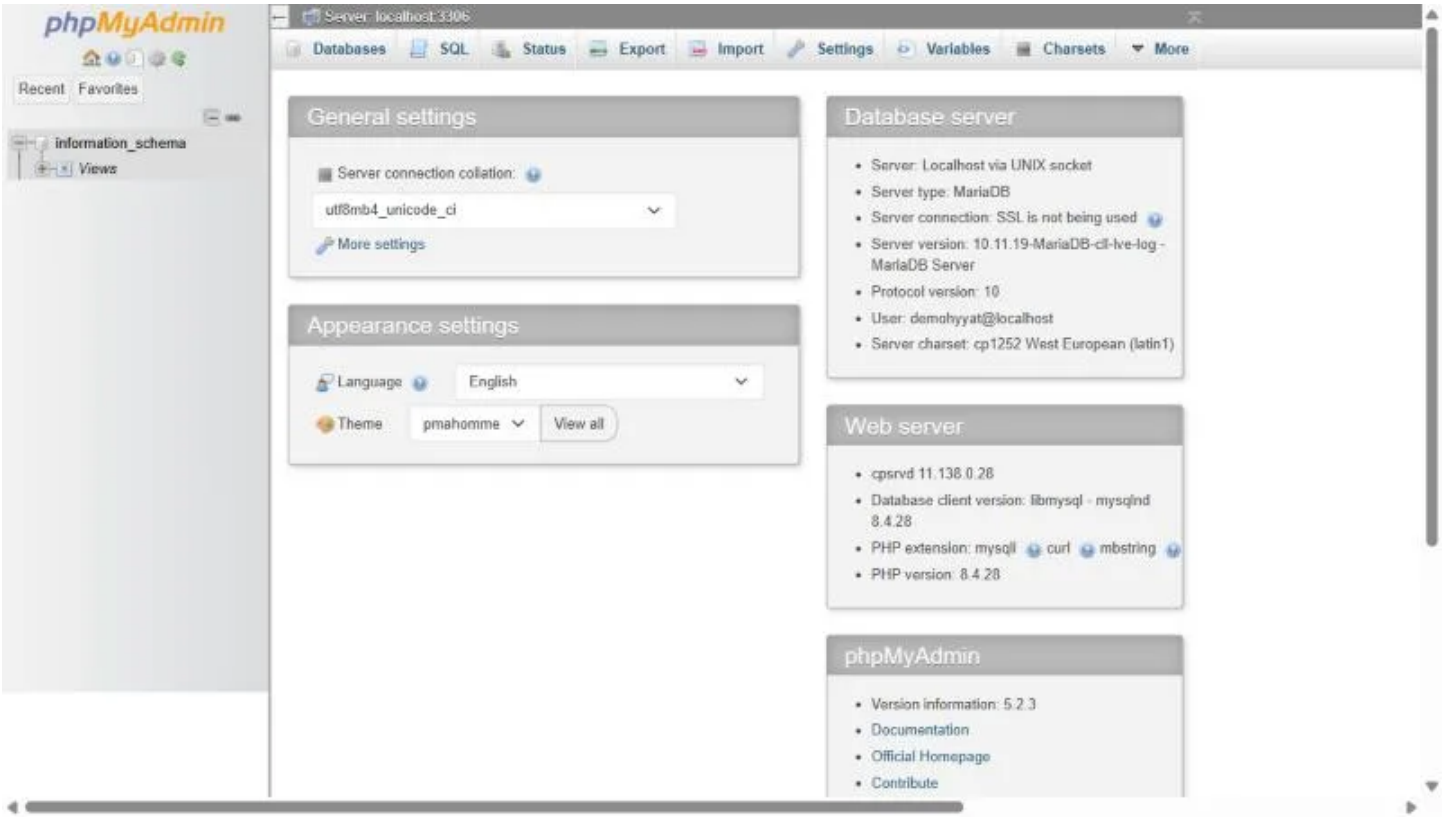
Which method?

Method	When	Difficulty
WP Toolkit	Your site appears in WordPress Management	Easiest
phpMyAdmin	Always available in cPanel	Medium
WP-CLI	You have SSH	Easy if you know commands

Method 1: WP Toolkit

In cPanel open **WordPress Management** and click **Log in** on your site's card to enter the WordPress dashboard without a password. Then in **Users › Profile** click **Set New Password** and save. The tool is covered in the WordPress Toolkit guide.

Method 2: phpMyAdmin

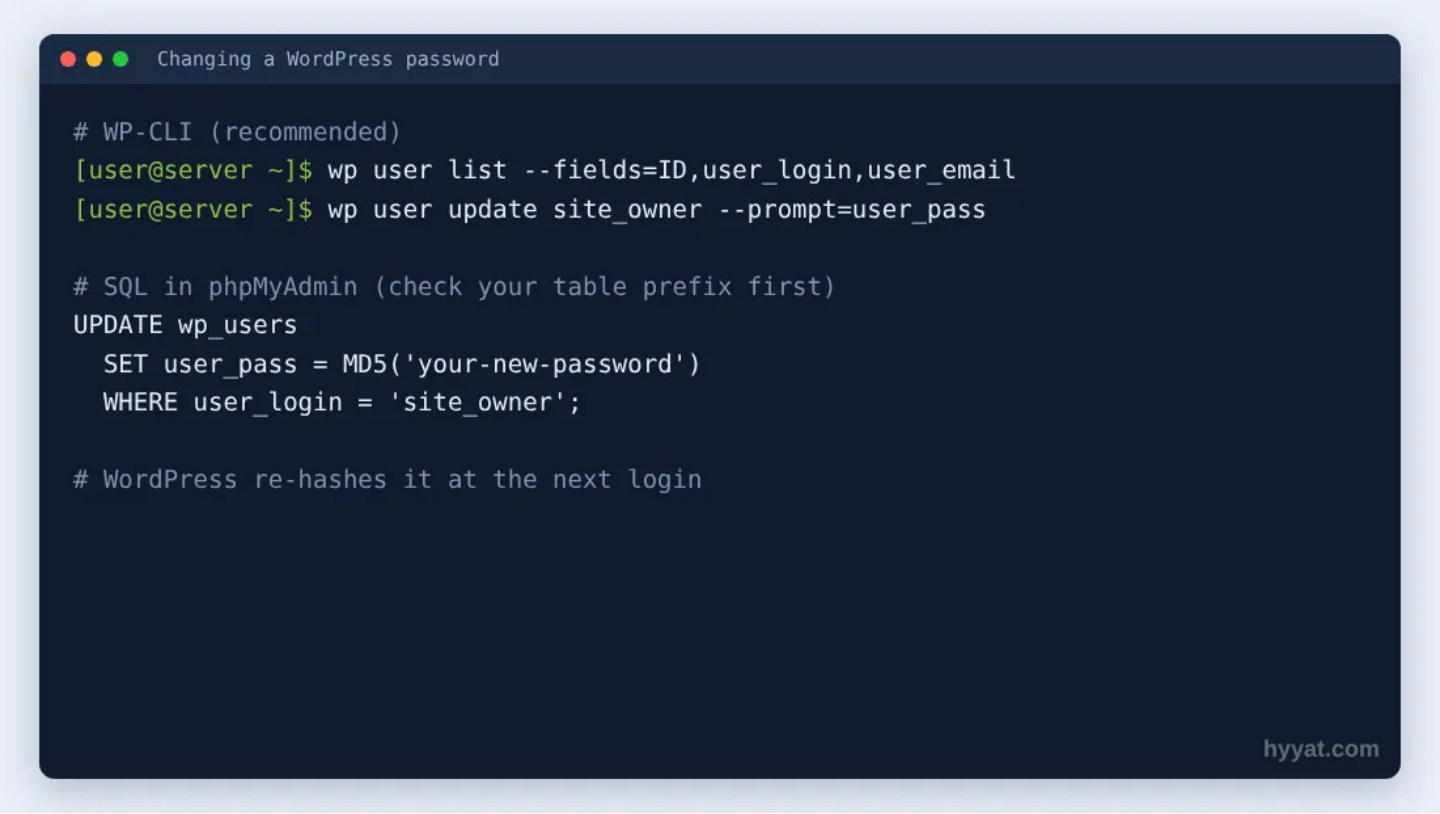


1. **Open phpMyAdmin** from the Databases section in cPanel.
2. **Choose the database** not sure which? Open `wp-config.php` in File Manager and look at `DB_NAME`.
3. **Open the users table** called `wp_users`, or another prefix before `_users` as set by `$table_prefix` in wp-config.php.
4. **Edit** the row with your login name in `user_login`.
5. **user_pass** choose **MD5** in the **Function** column, clear the old value and type the new password in **Value**.
6. **Go** then log in to WordPress with the new password.

A common mistake: Typing the password into user_pass without choosing MD5. It is saved as plain text and WordPress will reject it. Go back and edit it with MD5.

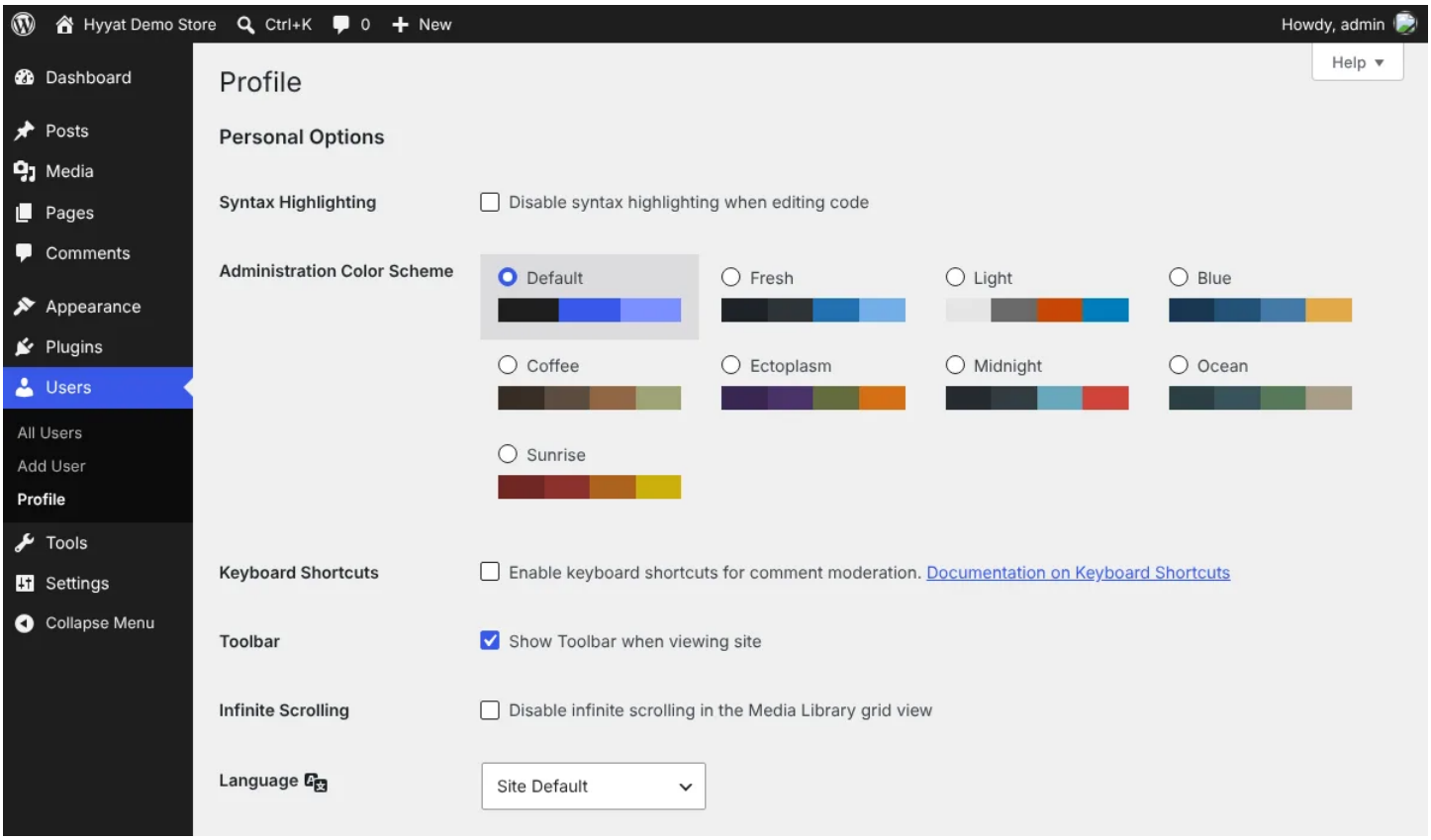
Is MD5 safe? On its own, no, but here it is only a temporary step: after the first successful login WordPress re-hashes the password with its modern method automatically. Editing the database directly calls for care, so export a copy first as shown in exporting with phpMyAdmin.

Method 3: WP-CLI or SQL



Once you are in

- Open **Users** › **Profile** and check your email address, so future reset emails reach you.
- If you did not change the original password yourself, treat the site as suspect: review **Users**, delete any administrator you do not recognise, and scan the site as in cleaning a hacked site.
- Turn on two-factor authentication with a trusted plugin.



A new password that cannot be guessed

- Long: at least twelve characters, and longer is better.
- Do not reuse your email or cPanel password.
- Keep it in a password manager rather than on paper or in a desktop file.
- The **Set New Password** button in WordPress suggests a strong one for you.

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Our customers asked

Why don’t I receive the password reset email?
Usually because the site sends mail with PHP without authentication, so it lands in spam or is rejected. An SMTP plugin fixes that; check your spam folder first.

I do not even know my username
In the users table in phpMyAdmin, look at the user_login column, or user_email to spot your account.

I changed the password and still cannot log in

Make sure you edited the right site and database, then clear cookies. If you get a white page or bounce back to the login page: WordPress login problems.

Can I change another user’s password?

Yes, with the same methods, or from Users › All Users › Edit if you are an administrator.

Need this service from Hyyat Host?Our team handles it for you, with support replying to tickets within 24 hours at most.

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