

Method 1: Reset via GRUB Recovery Mode

Reboot your system.

At the GRUB menu, highlight the Ubuntu entry and press e to edit.

Find the line starting with linux.

Append this at the end of the line:

init=/bin/bash

Press Ctrl + X or F10 to boot.

You'll be dropped into a root shell.

Remount the filesystem with write permissions:

mount -o remount,rw /

Reset the password for your user (replace username with your account):

passwd username

If you want to reset the root account itself:

passwd root

Reboot:

exec /sbin/init

Method 2: Using Recovery Mode (Recommended)

Reboot and hold Shift to access GRUB.

Select Advanced options for Ubuntu.

Choose the entry with (recovery mode).

In the recovery menu, select root – Drop to root shell prompt.

Remount the filesystem

mount -o remount,rw /

Reset the password:

passwd username

Type reboot to restart.

♦ Method 3: Live USB Method

If GRUB is locked or inaccessible:

Boot from an Ubuntu Live USB.

Open a terminal.

Identify your root partition:

sudo fdisk -l

Mount it:

sudo mount /dev/sdXn /mnt

Chroot into your system:

sudo chroot /mnt

Reset the password:

passwd username

Exit and reboot.