1. Apple Silicon Models (M-Series)

Method: Hold the **Power Button** to enter Recovery. This works for every Mac released from late 2020 to the present (2026), including:

- **MacBook Air:** M1, M2, M3, and your **M4** model.
- **MacBook Pro:** All 14-inch and 16-inch models, and the 13-inch M1/M2 models.
- **iMac:** All 24-inch models (M1, M3, M4).
- **Mac mini:** M1, M2, M2 Pro, and M4 models.
- **Mac Studio & Mac Pro:** All models (M1 Ultra through M4 series).

2. Intel-Based Models (Modern)

Method: Hold **Command + R** to enter Recovery. This works for all Intel Macs that can run **OS X Lion (10.7) or later**.

- **MacBook Air:** All models from 2011 through early 2020.
- **MacBook Pro:** All models from 2011 through mid-2020.
- **iMac:** All Slim-edge models (2012–2020) and late 2011 models.
- **Mac mini:** Models from 2011, 2012, 2014, and 2018.
- **Mac Pro:** "Trashcan" (2013) and the 2019 Intel Tower.

Mac Generation	Processor Type	Recovery Shortcut	Command to Type
Newest (2020–2026)	**Apple Silicon (M1-M4)**	**Hold Power Button**	resetpassword
Modern (2011–2020)	**Intel**	**Cmd + R**	resetpassword
Vintage (Pre-2011)	**Intel/PowerPC**	Use Original Install DVD	(Utility Menu)

Note on FileVault: If your Mac has **FileVault** encryption turned on (common on newer Macs), you may be prompted to enter your Apple ID or a Recovery Key *before* the Terminal will let you change the password. This is a security feature to ensure a thief cannot simply reset your password and see your files.