

## **Phase 1: Resetting the Login Password**

## **For M1 to M4 Silicone Macs: Resetting macOS Password & Managing Keychain**

### **Phase 1: Resetting the Login Password**

Because Apple Silicon Macs (M4, M3, M2, M1) use a secure architecture, you must use **macOS Recovery** to access the password reset tool.

- 1. Shut Down:** Turn off your Mac completely.
  - 2. Enter Recovery:** Press and hold the **Power/Touch ID button**. Continue holding until the screen says "**Loading startup options.**"
  - 3. Select Options:** Click the **Options** (gear icon) and click **Continue**.
  - 4. Open Terminal:**
    - If you see a login screen, click "Forgot all passwords?" or look at the top menu bar.
    - Navigate to the top menu and select **Utilities > Terminal**.
  - 5. Run Reset Command:** In the Terminal window, type exactly: `resetpassword` and press **Enter**.
  - 6. Reset:** A Reset Password window will appear. Follow the prompts to:
    - Deactivate the Mac (temporary security step).
    - Enter your Apple ID if prompted.
    - Set a **new password** and hint.
  - 7. Restart:** Once finished, go to the Apple Menu (`\text{\uf8ff}`) and select **Restart**.

## **Phase 2: Managing the Keychain (The "Safe")**

After logging in with your new password, macOS will alert you that it cannot unlock your "login" keychain (because it is still encrypted with your **old** password).

### **Option A: You do NOT remember the old password**

If you cannot remember the old password, you must start fresh:

1. When the pop-up appears at login, click **Create New Keychain**.
  2. This clears your local saved passwords but allows the Mac to start saving new under your new login password.

### **Option B: Manual Keychain Reset**

If you are already at your desktop but keep getting "Enter Keychain Password" prompts:

1. Open **Keychain Access** (use Spotlight Search: Cmd + Space).
  2. Go to the top menu: **Keychain Access > Settings** (or *Preferences*).
  3. Click **Reset Default Keychains**.
  4. Enter your **new** login password.
  5. Restart your Mac.

## Phase 3: Verifying iCloud Sync (Recovering Data)

If you use iCloud, your passwords will likely download automatically from the cloud even if you reset your local keychain.

1. Open **System Settings**.
  2. Click your **Name (Apple ID)** at the top left.

3. Select **iCloud**.
4. Check **Passwords & Keychain**:
  - o Ensure **Sync this Mac** is toggled **ON**.
  - o If it is off, turn it on and enter your Apple ID credentials to begin downloading your saved passwords from your iPhone/iPad.

#### **Phase 4: Final Backup (Optional but Recommended)**

To prevent future lockouts, you can export a copy of your passwords:

1. Open the **Passwords** app (found in Applications).
2. Authenticate with your new password/Touch ID.
3. Select a password, then go to **File > Export All Passwords...**
4. **Warning:** This file is unencrypted. Keep it on a secure, encrypted USB drive or in a physical safe.

#### **Phase 5: Managing the Keychain (The "Safe")**

After logging in with your new password, macOS will alert you that it cannot unlock your "login" keychain (because it is still encrypted with your **old** password).

##### **Option A: You do NOT remember the old password**

If you cannot remember the old password, you must start fresh:

1. When the pop-up appears at login, click **Create New Keychain**.
2. This clears your local saved passwords but allows the Mac to start saving new ones under your new login password.

##### **Option B: Manual Keychain Reset**

If you are already at your desktop but keep getting "Enter Keychain Password" prompts:

1. Open **Keychain Access** (use Spotlight Search: Cmd + Space).
2. Go to the top menu: **Keychain Access > Settings** (or *Preferences*).
3. Click **Reset Default Keychains**.
4. Enter your **new** login password.
5. Restart your Mac.

#### **Phase 6: Verifying iCloud Sync (Recovering Data)**

If you use iCloud, your passwords will likely download automatically from the cloud even if you reset your local keychain.

1. Open **System Settings**.
2. Click your **Name (Apple ID)** at the top left.
3. Select **iCloud**.
4. Check **Passwords & Keychain**:
  - o Ensure **Sync this Mac** is toggled **ON**.
  - o If it is off, turn it on and enter your Apple ID credentials to begin downloading your saved passwords from your iPhone/iPad.

#### **Phase 7: Final Backup (Optional but Recommended)**

To prevent future lockouts, you can export a copy of your passwords:

1. Open the **Passwords** app (found in Applications).
2. Authenticate with your new password/Touch ID.
3. Select a password, then go to **File > Export All Passwords...**
4. **Warning:** This file is unencrypted. Keep it on a secure, encrypted USB drive or in a physical safe.