```
1. 停止 mysql server. 通常是在 '系统偏好设置' > MySQL > 'Stop MySQL Server'
2. 打开终端, 输入: sudo /usr/local/mysql/bin/mysqld_safe --skip-grant-tables
3. sudo /usr/local/mysql/bin/mysql -u root
4. UPDATE mysql.user SET authentication_string=PASSWORD('新密码') WHERE User='root';
5. 重启mysql
```