Password Log

Owner

E-mail

Mobile phone

Home phone

Address

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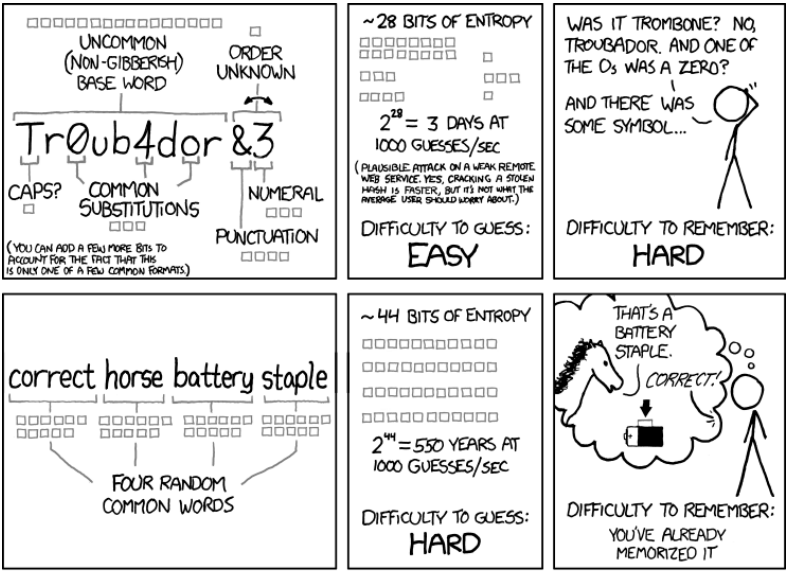
Diceware Guide



THROUGH 20 YEARS OF EFFORT, WE'VE SUCCESSFULLY TRAINED EVERYONE TO USE PASSWORDS THAT ARE HARD FOR HUMANS TO REMEMBER, BUT EASY FOR COMPUTERS TO GUESS.

What is a Diceware passphrase?

A passphrase is a bunch of words and characters that you type in to your computer to let it know for sure that the person typing is you. Passphrases differ from passwords only in length.

Diceware is a method for picking passphrases that uses dice to select words at random from a special list. Each word in the list is preceded by a four digit number. All the digits are between one and six, allowing you to use the outcomes of four dice rolls to select a word from the list.

Directions

Step 1: Decide how many words you want in your passphrase. A five-word passphrase provides a level of security *much* higher than the passwords most people use. For NSA-proof security, use seven.

Step 2: Roll all four dice at once and write the results down, reading from left to right, on a scrap paper. Make as many of these four-digit groups as you want words in your passphrase.

Step 3: Flip to the word list and look up the corresponding word next to each four-digit number.

Step 4: The words that you have found are your new passphrase! If you wish, roll the dice one more time to choose one word to Capitalize, and again for a digit to add to the end.

Step 6: Come up with a way to remember your phrase. It might be a story, scenario, or sentence that that can remind you of the particular words you chose, in order.

A five-word passphrase is one of 3,656,158,440,062,976 (or about 2^{51}) alternatives that could have been chosen by this method. With so many possibilities, this passphrase will be very hard to guess by brute force.

Example

Suppose you want a five word passphrase. You will need 5 times 4 or 20 dice rolls. Let's say they come out as:

1, 6, 6, 6, 5, 1, 5, 6, 5, 3, 5, 6, 3, 2, 2, 3, 5, 6, 2, and 6.

Write down the results on a scrap of paper in groups of four rolls:

1 6 6 6
5 1 5 6
5 3 5 6
3 2 2 3
5 6 2 6

You then look up each group of five rolls in the Diceware word list by finding the number in the list and writing down the word next to the number:

1666 cognitive
5156 poetic
5356 ribbon
3223 garlic
5626 smelliness

Your passphrase would then be:

cognitive poetic ribbon garlic smelliness

1111 aardvark
1112 abandoned
1113 abbreviate
1114 abdomen
1115 abhorrence
1116 abiding
1121 abnormal
1122 abrasion
1123 absorbing
1124 abundant
1125 abyss
1126 academy
1131 accountant
1132 acetone
1133 achiness
1134 acid
1135 acoustics
1136 acquire
1141 acrobat
1142 actress
1143 acuteness
1144 aerosol
1145 aesthetic
1146 affidavit
1151 afloat
1152 afraid
1153 aftershave
1154 again
1155 agency
1156 aggressor
1161 aghast
1162 agitate
1163 agnostic
1164 agonizing
1165 agreeing
1166 aidless
1211 aimlessly
1212 ajar
1213 alarmclock
1214 albatross
1215 alchemy
1216 alfalfa
1221 algae
1222 aliens
1223 alkaline
1224 almanac
1225 alongside
1226 alphabet
1231 already
1232 also
1233 altitude
1234 aluminum
1235 always
1236 amazingly
1241 ambulance
1242 amendment
1243 amiable
1244 ammunition
1245 amnesty
1246 amoeba
1251 amplifier
1252 amuser
1253 anagram
1254 anchor
1255 android
1256 anesthesia
1261 angelfish
1262 animal
1263 anklet
1264 announcer
1265 anonymous
1266 answer
1311 antelope
1312 anxiety
1313 anyplace
1314 aorta
1315 apartment
1316 apnea
1321 apostrophe
1322 apple
1323 apricot
1324 aquamarine
1325 arachnid
1326 arbitrate
1331 ardently
1332 arena
1333 argument
1334 aristocrat
1335 armchair
1336 aromatic
1341 arrowhead
1342 arsonist
1343 artichoke
1344 asbestos
1345 ascend
1346 aseptic
1351 ashamed
1352 asinine
1353 asleep
1354 asocial
1355 asparagus
1356 astronaut
1361 asymmetric
1362 atlas
1363 atmosphere
1364 atom
1365 atrocious
1366 attic
1411 atypical
1412 auctioneer
1413 auditorium
1414 augmented
1415 auspicious
1416 automobile
1421 auxiliary
1422 avalanche
1423 avenue
1424 aviator
1425 avocado
1426 awareness
1431 awhile
1432 awkward
1433 awning
1434 awoke
1435 axially
1436 azalea
1441 babbling
1442 backpack
1443 badass
1444 bagpipe
1445 bakery
1446 balancing
1451 bamboo
1452 banana
1453 barracuda
1454 basket
1455 bathrobe
1456 bazooka
1461 blade
1462 blender
1463 blimp
1464 blouse
1465 blurred
1466 boatyard
1511 bobcat
1512 body
1513 bogusness
1514 bohemian
1515 boiler
1516 bonnet
1521 boots
1522 borough
1523 bossiness
1524 bottle
1525 bouquet
1526 boxlike
1531 breath
1532 briefcase
1533 broom
1534 brushes
1535 bubblegum
1536 buckle
1541 buddhist
1542 buffalo
1543 bullfrog
1544 bunny
1545 busboy
1546 buzzard
1551 cabin
1552 cactus
1553 cadillac
1554 cafeteria
1555 cage
1556 cahoots
1561 cajoling
1562 cakewalk
1563 calculator
1564 camera
1565 canister
1566 capsule
1611 carrot
1612 cashew
1613 cathedral
1614 caucasian
1615 caviar
1616 ceasefire
1621 cedar
1622 celery
1623 cement
1624 census
1625 ceramics
1626 cesspool
1631 chalkboard
1632 cheesecake
1633 chimney
1634 chlorine
1635 chopsticks
1636 chrome
1641 chute
1642 cilantro
1643 cinnamon
1644 circle
1645 cityscape
1646 civilian
1651 clay
1652 clergyman
1653 clipboard
1654 clock
1655 clubhouse
1656 coathanger
1661 cobweb
1662 coconut
1663 codeword
1664 coexistent
1665 coffeecake
1666 cognitive
2111 cohabitate
2112 collarbone
2113 computer
2114 confetti
2115 copier
2116 cornea
2121 cosmetics
2122 cotton
2123 couch
2124 coverless
2125 coyote
2126 coziness
2131 crawfish
2132 crewmember
2133 crib
2134 croissant
2135 crumble
2136 crystal
2141 cubical
2142 cucumber
2143 cuddly
2144 cufflink
2145 cuisine
2146 culprit
2151 cup
2152 curry
2153 cushion
2154 cuticle
2155 cybernetic
2156 cyclist
2161 cylinder
2162 cymbal
2163 cynicism
2164 cypress
2165 cytoplasm
2166 dachshund
2211 daffodil
2212 dagger
2213 dairy
2214 dalmatian
2215 dandelion
2216 dartboard
2221 dastardly
2222 datebook
2223 daughter
2224 dawn
2225 daytime
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2235 deepness
2236 defrost
2241 degree
2242 dehydrator
2243 deliverer
2244 democrat
2245 dentist
2246 deodorant
2251 depot
2252 deranged
2253 desktop
2254 detergent
2255 device
2256 dexterity
2261 diamond
2262 dibs
2263 dictionary
2264 diffuser
2265 digit
2266 dilated
2311 dimple
2312 dinnerware
2313 dioxide
2314 diploma
2315 directory
2316 dishcloth
2321 ditto
2322 dividers
2323 dizziness
2324 doctor
2325 dodge
2326 doll
2331 dominoes
2332 donut
2333 doorstep
2334 dorsal
2335 double
2336 downstairs
2341 dozed
2342 drainpipe
2343 dresser
2344 driftwood
2345 droppings
2346 drum
2351 dryer
2352 dubiously
2353 duckling
2354 duffel
2355 dugout
2356 dumpster
2361 duplex
2362 durable
2363 dustpan
2364 dutiful
2365 duvet
2366 dwarfism
2411 dwelling
2412 dwindling
2413 dynamite
2414 dyslexia
2415 eagerness
2416 earlobe
2421 easel
2422 eavesdrop
2423 ebook
2424 eccentric
2425 echoless
2426 eclipse
2431 ecosystem
2432 ecstasy
2433 edged
2434 editor
2435 educator
2436 eelworm
2441 eerie
2442 effects
2443 eggnog
2444 egomaniac
2445 ejection
2446 elastic
2451 elbow
2452 elderly
2453 elephant
2454 elfishly
2455 eliminator
2456 elk
2461 elliptical
2462 elongated
2463 elsewhere
2464 elusive
2465 elves
2466 emancipate
2511 embroidery
2512 emcee
2513 emerald
2514 emission
2515 emoticon
2516 emperor
2521 emulate
2522 enactment
2523 enchilada
2524 endorphin
2525 energy
2526 enforcer
2531 engine
2532 enhance
2533 enigmatic
2534 enjoyably
2535 enlarged
2536 enormous
2541 enquirer
2542 enrollment
2543 ensemble
2544 entryway
2545 enunciate
2546 envoy
2551 enzyme
2552 epidemic
2553 equipment
2554 erasable
2555 ergonomic
2556 erratic
2561 eruption
2562 escalator
2563 eskimo
2564 esophagus
2565 espresso
2566 essay
2611 estrogen
2612 etching
2613 eternal
2614 ethics
2615 etiquette
2616 eucalyptus
2621 eulogy
2622 euphemism
2623 euthanize
2624 evacuation
2625 evergreen
2626 evidence
2631 evolution
2632 exam
2633 excerpt
2634 exerciser
2635 exfoliate
2636 exhale
2641 exist
2642 exorcist
2643 explode
2644 exquisite
2645 exterior
2646 exuberant
2651 fabric
2652 factory
2653 faded
2654 failsafe
2655 falcon
2656 family
2661 fanfare
2662 fasten
2663 faucet
2664 favorite
2665 feasibly
2666 february
3111 federal
3112 feedback
3113 feigned
3114 feline
3115 femur
3116 fence
3121 ferret
3122 festival

3123 fettuccine
3124 feudalist
3125 feverish
3126 fiberglass
3131 fictitious
3132 fiddle
3133 figurine
3134 fillet
3135 finalist
3136 fiscally
3141 fixture
3142 flashlight
3143 fleshiness
3144 flight
3145 florist
3146 flypaper
3151 foamless
3152 focus
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3162 fountain
3163 fox
3164 fragment
3165 freeway
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3235 geographer
3236 gerbil
3241 gesture
3242 getaway
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3244 ghoulishly
3245 gibberish
3246 giddiness
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3252 gigabyte
3253 gimmick
3254 giraffe
3255 giveaway
3256 gizmo
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5562 singles
5563 sisterhood
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5625 smartphone
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5642 snugness
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5654 spyglass
5655 squirrel
5656 statue
5661 steamboat
5662 stingray
5663 stopwatch
5664 strawberry
5665 student
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6111 suave
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6113 suction
6114 suds
6115 suffocate
6116 sugar
6121 suitcase
6122 sulphur
6123 superstore
6124 surfer
6125 sushi
6126 swan
6131 sweatshirt
6132 swimwear
6133 sword
6134 sycamore
6135 syllable
6136 symphony
6141 synagogue
6142 syringes
6143 systemize
6144 tablespoon
6145 taco
6146 tadpole
6151 taekwondo
6152 tagalong
6153 takeout
6154 tallness
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6161 tapestry
6162 tarantula
6163 tastebud
6164 tattoo
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6216 thwarting
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6222 tidbit
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6224 tiger
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6243 tryout
6244 tubeless
6245 tuesday
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6251 tulip
6252 tumbleweed
6253 tupperware
6254 turtle
6255 tusk
6256 tutorial
6261 tuxedo
6262 tweezers
6263 twins
6264 tyrannical
6265 ultrasound
6266 umbrella
6311 umpire
6312 unarmored
6313 unbuttoned
6314 uncle
6315 underwear
6316 unevenness
6321 unflavored
6322 ungloved
6323 unhinge
6324 unicycle
6325 unjustly
6326 unknown
6331 unlocking
6332 unmarked
6333 unnoticed
6334 unopened
6335 unpaved
6336 unquenched
6341 unroll
6342 unscrewing
6343 untied
6344 unusual
6345 unveiled
6346 unwrinkled
6351 unyielding
6352 unzip
6353 upbeat
6354 upcountry
6355 update
6356 upfront
6361 upgrade
6362 upholstery
6363 upkeep
6364 upload
6365 uppercut
6366 upright
6411 upstairs
6412 uptown
6413 upwind
6414 uranium
6415 urban
6416 urchin
6421 urethane
6422 urgent
6423 urologist
6424 username
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6431 utility
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6433 utopia
6434 utterance
6435 vacuum
6436 vagrancy
6441 valuables
6442 vanquished
6443 vaporizer
6444 varied
6445 vaseline
6446 vegetable
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6452 velcro
6453 vendor
6454 vertebrae
6455 vestibule
6456 veteran
6461 vexingly
6462 vicinity
6463 videogame
6464 viewfinder
6465 vigilante
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6563 windmill
6564 wipeout
6565 wired
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6612 wobbliness
6613 wolverine
6614 womb
6615 woolworker
6616 workbasket
6621 wound
6622 wrangle
6623 wreckage
6624 wristwatch
6625 wrongdoing
6626 xerox
6631 xylophone
6632 yacht
6633 yahoo
6634 yard
6635 yearbook
6636 yesterday
6641 yiddish
6642 yield
6643 yo-yo
6644 yodel
6645 yogurt
6646 yuppie
6651 zealot
6652 zebra
6653 zeppelin
6654 zestfully
6655 zigzagged
6656 zillion
6661 zipping
6662 zirconium
6663 zodiac
6664 zombie
6665 zookeeper
6666 zucchini

Questions & Answers

Shouldn't I never write my password down?

In today's world, major corporations are hacked every week, and distributed cracking networks can break complex passwords in record time. It's safest to use a strong, unique password for each account you hold, but this makes memorization impractical.

Once, people were told not to write passwords down, ever, but the consensus among security professionals has evolved. You're better at protecting this book than corporations are at securing their password databases.

Can I just pick my own words from the word list?

No. Humans are terrible at being unpredictable, and hackers are great at exploiting predictability. The primary reason that Diceware creates secure passwords is that you have no agency in the process.

Should I leave spaces between the words?

Yes. It makes your passphrase more secure, *and* easier to type on a mobile phone.

How many words should I use in my passphrase?

The most important accounts, such as e-mail, e-commerce and financial sites, should use at least five words.

Other accounts like social media can reasonably use three words, as long as each password is used only once.

What if I lose this book?

The real purpose of this book is to provide you with the tools to generate strong, memorable passwords that are unbreakable by the world's most powerful computers. It need not be the only place that you record them.

What if someone steals this book?

If you choose to write passwords in this book, feel free to modify them in some way that is only known to you. This will prevent a casual thief from using your passwords, even if they have this book. Just be absolutely sure that you can remember what you have changed.

Are password manager apps like 1Password safe?

Yes, as long as the master password is strong & secure. For example, if Google Chrome is configured to store your password, make sure that you have a strong Google password, and don't leave your account logged on computers or mobile devices that are not secure. The same is true for Safari and your iCloud account, or Internet Explorer and Windows Live.

PasswordSafe (https://pwsafe.org/) and its associated mobile apps are a good alternative password manager that is not tied to a web browser or e-mail account.

Who invented Diceware?

Diceware was invented by Arnold G. Reinhold, a computer scientist living in Cambridge, MA. Diceware was first published to Usenet's sci.crypt.research on August 1st, 1995. For more information, visit http://world.std.com/ reinhold/diceware.html.

This book implements a simplified version developed by the Electronic Frontier Foundation (EFF) which uses only four dice and is optimized for typing on mobile phones.

What is the danger in re-using a password?

Imagine that you used the same password for an online clothing store, and your e-mail provider. Months later, the clothing store is hacked and your password stolen. The hackers login to your email and find correspondence from your bank. They use the bank website to reset your online banking password,

and intercept the confirmation email sent by your bank. From here, they use the bank website to order checks in your name, initiate transfers, etc.

This story illustrates why the security of your e-mail ranks above others in importance: for hackers, it can be the gateway to all of your accounts.

How can I find out if my password has been stolen?

Visit https://haveibeenpwned.com/ or a similar site, and type in your e-mail address. They track the data leaks released by hackers, and can identify which e-mail addresses were hacked, and how much data was released.

If your e-mail tests positive, immediately change the password for the sites listed **and** any sites that might have used the same password.

What is two-factor authentication?

Two-factor authentication enhances your password by sending a code to your phone or another device, which you then have to type in in order to be authorized. This ensures that even if someone has your password, they also need to have your phone.

It's a good idea to set up two-factor authentication on any account linked to your bank account or credit cards.

What is phishing?

Phishing is when a hacker sends you an email that appears to be from an organization you have a relationship with, but is actually a trap to get you to give up your password.

Phishing e-mails typically warn you that something is wrong with your account, and urge you to log in via a link. They can be very realistic and insidious.

Always check the URL in any e-mailed links you click, and make sure that they take you to the site you expect. Better yet, ignore links in e-mails and go directly to the website for the organization.

What is social engineering?

Social engineering is when a hacker contacts a company you do business with and pretends to be you. Often this means telling customer service that you have lost your password, and trying to convince the representative to change it or otherwise unlock your account.

The best protection against social engineering is to avoid using easily-guessed security questions, such as your mother's maiden name. When offered an opportunity to enter such security questions, generate a Diceware password instead.

How can I stay safe online?

Above all, practice good operational security (*opsec*). Be suspicious and careful online.

Minimize the number of accounts you open, and always choose the best account security available.

Keep track of the accounts you open, close unused accounts, and change passwords on active accounts frequently.

Prefer to shop with businesses that have strong online safeguards, and take advantage of identity protection and online shopping protection services offered by *reputable* financial services.

What to do if I've been hacked?

The resources at www.crashoverridenetwork.com and staysafeonline.org are a good starting point. They provide tools that help determine whether you have been hacked and can help regain control over your online accounts.