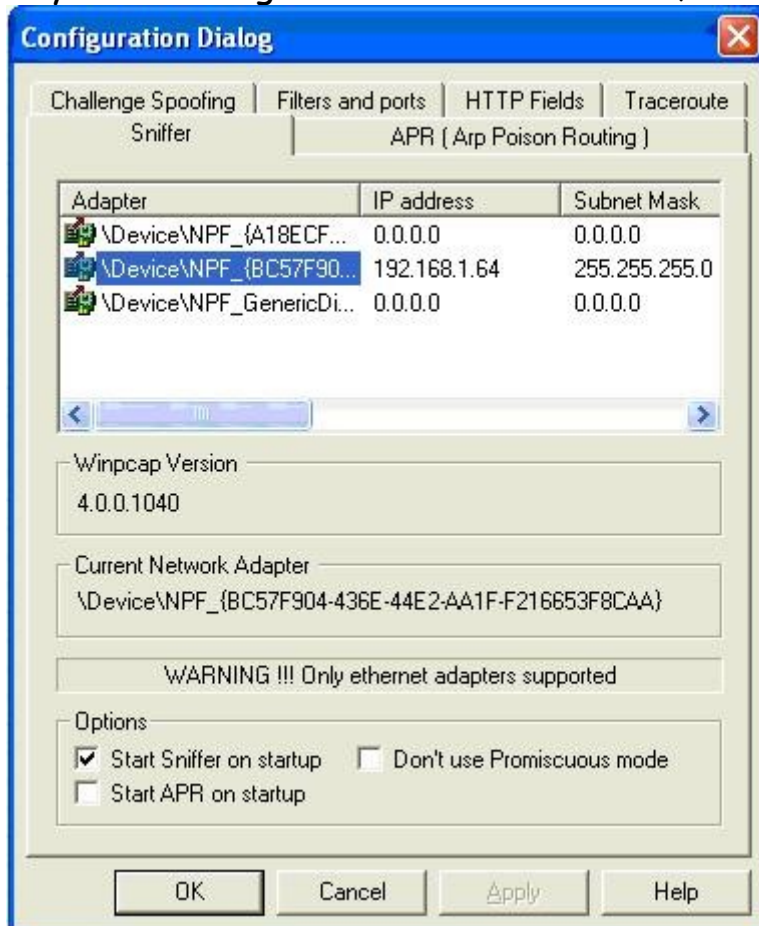# How to use Cain & Abel to get local passwords
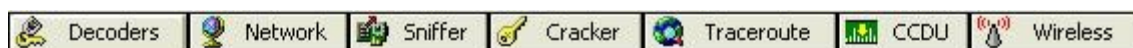
Install and launch Cain & Abel.

If you are using this for the first time, it will look like this:

Choose the one that has IP,do not choose those with 0.0.0.0...

Now,you will be prompted by something like this:

Choose "Decoders" from the bar and you will see the this:

Cached Passwords
  Protected Storage
  LSA Secrets
  Wireless Passwords
  IE7 Passwords
  Windows Mail Passwords
  Dialup Passwords
  Edit Boxes
  Enterprise Manager
  Credential Manager

Choose the type of passwords that you want to search from the computer..

After that,click on the "+" button:

You are about to finish the job,you will see some passwords or hash...

This is the example of clear-text password:

Resource	User	Password
WindowsLive:name=██████@gmail.com	██████@gmail.com	██████

This is the example of hash:

Adapter GUID	Type	SSID	Password	Hex
{BC57F904-436E-44E2-...	WPA-PSK	██████		5F5296C0862AA39973C66E57267755EBE4BCB1E27277BF47CB...

For hash, you can send it to the cracker...

Good luck!