

# How to Recover Your Hacked Facebook Account: Step-by-step Instructions

If you lose the access to your Facebook account, then it could be a big drawback. It's personal and social. It's a door to your digital life. But you're not stuck. You can get it back.

Read this blog and get to know [How to Recover Your Hacked Facebook account](#) by following the simple steps.

## Recognize The Signs

Did Facebook lock you out? No password works. You got an email saying your password or phone number has changed. Or your friends say they've received spam from you. These are red flags.

Unfamiliar devices logged in. Strange friend requests. Posts you didn't make. All clues your account isn't yours anymore.



## Step 1: Try the simple route first

Follow these instructions: Go to **Settings & Privacy** → **Settings** → **Security and Login**. Scroll to *Where you're logged in*. Log out of devices that you don't know.

Change your password right away. Make it long. Use letters, numbers, symbols. Set up two-factor authentication (2FA). Prefer a security app over SMS.

## Step 2: Use Facebook's Hacked Account Tools

When you are not able to sign in, then log in with this link and go to **facebook.com/hacked** using a device you've used before. Facebook asks, "Is your account compromised?" Pick that.

This will walk you through recovery options. Facebook might ask for the old password, or send a code to your email or phone.

If those aren't accessible anymore, click "**No longer have access to these?**" to supply a new email or phone number.

## Step 3: Identify Your Account Manually

Visit **facebook.com/login/identify**. Enter your old email, phone number, or even your profile URL. You can also use your name to search.

Once you find it, Facebook may let you reset your password. If not, and it prompts you to prove your identity, prepare for the next steps.

## Step 4: Prove your identity

If Facebook asks, upload a clear scan or photo of your government ID. Make it tidy and readable.

Sometimes, they also ask to name trusted contacts or identify friends in photos. This helps them confirm it's really you.

Patience is key. It may take days.

## Extra protection once you're in

Once you regain access:

- Change recovery email and phone. Remove anything the hacker added.
- Set up two-factor authentication via app or security key. Avoid SMS.
- Turn on alerts for unrecognized logins.
- Review logged-in devices and sessions. Remove anything odd.

## New recovery tool: video selfie

Facebook launched a smart new option in the UK. You can now record a short video selfie for facial recognition instead of standard verification. It's optional but faster, especially useful if other options fail.

### Secure before it's too late

After recovery, tighten things up:

- Use strong, unique passwords. Store them in a password manager.
- Turn on 2FA with a security app or key.
- Enable unrecognized login alerts.
- Review connected apps. Remove unused or suspicious ones.
- Don't reuse passwords across sites. A breach on one site can leak others.

## When Recovery Fails

Some recovery paths lead nowhere. Messages loop. Emails go to the hacker. That's when many get stuck.

If you've tried everything:

- Keep submitting reports via Facebook Help forms.
- Detail your case. Submit ID. Be persistent.
- Meta Verified users may get faster human support.

## Final words

Losing your Facebook account is stressful. The recovery process is often slow. But it's possible. Use trusted devices. Carry your ID and be patient. Use every tool Facebook offers. And when you regain control—lock it down tight. You've got this.

If you have anything to resolve after reading the [How to Recover Your Hacked Facebook account](#) blog, then you can hit the link above.