Are you having problems logging into Facebook? Whether you forgot your login details, or your Facebook account was hacked, there's no reason to panic. There are a few different ways to recover a Facebook account when you can't log in. If you believe your account has been hacked, you should probably go over the main Facebook privacy tips and make sure it doesn't happen again. But if for some reason you just can't remember your login details, the simple recovery process should help you access Facebook again. It sounds silly, but the first thing to do if you find yourself logged out of your account is to check if you still have an active Facebook session on one of your devices. For example, if you can't log into your Facebook on your smartphone, it's possible that you're still logged in on your desktop and vise versa. This is probably the easiest way to recover a Facebook account, since all you need to do here is manually change your password in your account's privacy settings. So if you find that you still have an active Facebook session on one of your devices, follow these steps. Click on the drop down arrow in the top right corner of the screen, and choose Settings. From the menu on the left side, choose Security and login. Under Login, find Change password. Click Edit to change your password. In case you don't remember your current passcode, click Forgotten your password? to reset it using your email address or a phone number. After you do that, if you suspect that someone hacked your account, in the same menu go to Where you're logged in. There you can choose to Log out of all sessions. It will log you out of every active Facebook session except the current one. Then you can safely log back in with your new password details. If you find yourself logged out of Facebook on every device, the first thing to do is to try and log back in with Facebook's default account recovery options. Go to Facebook and click Forgotten account? in the top right corner of the screen. This will take you to the Find Your Account window. From there, you can do a few different things to identify your account. The first option is to enter your email or a phone number. If either of those are connected with your account, Facebook will send you the confirmation code and you'll be able to reset your password and log back in easily. If you can't login to Facebook with your usual details, you can also try and use a different email or a phone number of yours. If you listed more than one email address or phone number when creating your Facebook account, this might be your way in. This is assuming you still remember your password or have it stored in your password manager. Even if it doesn't say so in the Find Your Account window, you can use your Facebook username to regain access to your Facebook. Type your name or your possible username (if you don't remember it exactly) into the search bar and see if it pops up on the list. When you see your profile picture, click This is My Account and follow the steps to reset your password and log back in. In case all of the strategies we've mentioned above have failed, your next step is to try to recover your Facebook account using Trusted Contacts. The only problem here is that Trusted Contacts is the option that you need to have set up before you find yourself logged out of Facebook. So even if you've successfully logged into your account, we advise you to think ahead and set your Facebook Trusted Contacts right now. On Facebook, click on the drop down arrow in the top right corner of the screen, and go to Settings. From the menu on the left, choose Security and login. Under Recommended, find Choose friends to contact if you are locked out, and click Edit. You will then be prompted to add 3 to 5 friends that you can reach out to should you have a problem with your account. You can later edit this list by adding or removing people. Once you activate your Trusted Contacts, it becomes a lot easier to log into your Facebook account when you forget your credentials. When you're logged out of Facebook, click Forgotten account. In Reset Your Password window, click No longer have access to these. Enter your new email address or a phone number, and click Continue. From there, you'll get the instructions on how one of your trusted contacts can help you regain access to your account. Your friend will need to follow the special link and then send you the recovery code. You can then safely log back into Facebook. You can find yourself logged out of Facebook for one of two main reasons. Either someone has broken into your account, or you forgot your login details. For extra security, you can set up two-factor authentication on Facebook, and to avoid the latter, start using a password manager to keep your data at hand. Have you ever had to recover a Facebook account? Do you know any other ways of logging back in? Share your experience with us in the comments below. Oops! Got locked out of your Facebook account? No worries, regaining access to your Facebook account is pretty straightforward. You can use methods like identifying friends, using trusted contacts, or resetting your password. Follow the steps below to unlock your Facebook account and get back to scrolling through your feed. In this section, we'll guide you step-by-step on how to recover your locked Facebook account. These steps will ensure you regain access swiftly and securely. Go to the Facebook login page and click on "Forgotten account?". This will direct you to a page where you can start the account recovery process. It's the first step in identifying your account and getting ready to recover it. Enter your email address or phone number linked to your Facebook account. Facebook will search for accounts associated with that information. Make sure you use the correct email or phone number to avoid confusion. Select how you want to receive the code (email or SMS). Facebook will provide you with options to receive a recovery code. Choose the method that works best for you, usually the one that you have immediate access to. Check your email or SMS for the code and enter it into the box on Facebook. Make sure to enter the code accurately. This is a crucial step that verifies you as the account owner. Once the code is verified, you will be prompted to create a new password. Choose a strong, unique password that you haven't used before. This will help keep your account secure in the future. After completing these steps, you'll regain access to your account and can start using Facebook again as usual. Here are some additional tips to help you recover your Facebook account more smoothly: Use a device and location that you've previously used to log into Facebook. This helps Facebook identify you. Have your ID ready. Sometimes Facebook may ask for a government-issued ID for verification. Enable two-factor authentication once you get back in. This adds an extra layer of security. Check your email settings. Ensure your recovery email and phone number are up-to-date. Contact Facebook support if you're still having trouble. They can provide further assistance. Double-check that you entered the correct email or phone number. Also, check your spam or junk folder if using email. No, you should use your own phone number or email that's linked to your Facebook account. Usually, you can regain access within a few minutes after completing the steps, but it can take longer if there are additional security checks. Use the "No longer have access to these?" option on the recovery page and follow the prompts for further instructions. Yes, Facebook uses encryption and secure storage to protect your identity documents. Go to the Facebook login page. Identify your account. Choose a recovery option. Enter the recovery code. Reset your password. Getting locked out of your Facebook account can be frustrating, but following these steps makes the recovery process a breeze. By identifying your account, choosing the right recovery option, and resetting your password, you can regain access in no time. Remember to keep your account secure by updating your recovery information and enabling two-factor authentication. If you still encounter issues, don't hesitate to contact Facebook support for additional help. Recovering a locked Facebook account is essential for staying connected with friends and family, so make sure you follow these steps and tips closely. Feel free to explore more about Facebook's security features and keep your account safe. Happy Facebooking! Matthew Burleigh has been writing tech tutorials since 2008. His writing has appeared on dozens of different websites and been read over 50 million times. After receiving his Bachelor's and Master's degrees in Computer Science he spent several years working in IT management for small businesses. However, he now works full time writing content online and creating websites. His main writing topics include iPhones, Microsoft Office, Google Apps, Android, and Photoshop, but he has also written about many other tech topics as well. Read his full bio here.