

## Not Receiving Password Reset Email?

### Do This 7-Step Checklist

You're not locked out because you forgot your password. You're locked out because the reset email is stuck somewhere. Let's find it in 2 minutes. A reset email can be delayed, filtered, blocked, or sent to the wrong place, and you can usually fix it without support.

01

#### Check the "hidden inboxes"

- Spam / Junk
- Promotions / Updates tabs (Gmail)
- Trash (some filters move it)

Line to say: "A lot of people check Inbox only. That's the trap."



02

#### Search like a sniper (not with your eyes)

Search your mailbox for:

- "reset"
- "password"
- the website/app name
- "no-reply"



03

#### Confirm you're using the right email

- Try every email you might've used
- Watch for typos
- If you used Apple/Google sign-in before, the reset might be tied to that login method



04

#### Wait 10-15 minutes (stop spamming requests)

- If you request 5 times, some systems delay you or temporarily block you

Rule: Request once - wait - request again



05

#### Rules & filters (the silent killer)

- Check "Filters and blocked addresses"
- Look for rules like: "skip inbox", "archive", "mark as read", "delete"



06

#### Storage / mailbox issues

- Full inbox = new emails bounce or don't arrive
- Free up space, then request again



07

#### It might be their system (how to tell)

Signs it's not you:

- multiple users complaining (Twitter/Reddit)
- the app/site has outages
- you're getting normal emails but only reset emails fail

Action: "contact support" or alternative recovery method if available.



If you did steps 1 to 6 and nothing shows up after 15 minutes, it's usually step 7 - their system, not you.

If you manage passwords for your family, stop doing resets every month - use a password manager so you don't get stuck like this again.

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