Changing your password to something that you can remember easily is a good idea, to avoid frustration when it comes to logging on. It's also a good idea to change it if you suspect someone other than you knows your password. Here's how to do it.

## Method

- 1. Log in to the website using your existing username and password.
- 2. Click "My Profile" either from the user menu (left column) or from the top of the forum.

3. Just above your picture (avatar) you'll see a grey button marked "edit". When you move the mouse pointer over the button a short menu drops down. Select the top option "Update your profile".



4. Now you should be at the "Edit Your Details" screen, which should show a number of tabs. Select the "Contact" tab.

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5. About half-way down the contact tab you'll see two boxes, marked "password" and "verify password". They'll be blank initially. Choose a new password and type the same password into both of these boxes. A good password is something memorable but which would be hard for someone else to guess, preferably including a few numbers and/or a mixture of upper and lower case letters.

6. Click the update button at the bottom of the form and you're done.

The next time you log-in, remember to use the new password!