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Recover Your Facebook Account if You Can't Log In

Go to the Find Your Account page at facebook/login/identify and follow the instructions.

Search for the account you want to recover.

Follow the on-screen steps to reset the password for your account.

facebook : help

To reset your password if you're not logged in to Facebook:

Tap Forgot Password?

Type the email, mobile phone number, full name or username associated with your account. then tap Search.