

# {Instant Mode} Recover facebook account without email and number

## How to Recover a Facebook Account Without Email and Phone Number

Losing access to your Facebook account 1-888-766-0466 can be stressful, especially if you no longer have access to the 1-888-766-0466 email address or phone number linked to the account. However, Facebook still provides ways to 1-888-766-0466 recover your account by verifying your identity. With patience and the 1-888-766-0466 correct steps, it is possible to regain access.

First, go to the **Facebook login page** and click 1-888-766-0466 on “**Forgotten password?**”. Enter your name, username, or 1-888-766-0466 any old email or phone number that may still be connected to your account. If Facebook finds your profile, 1-888-766-0466 select it and continue. When Facebook asks you to 1-888-766-0466 send a code to an email or phone you no longer use, look for an option that says “**No longer 1-888-766-0466 have access to these?**” or “**Try another way.**”

Facebook may then ask you to **verify your 1-888-766-0466 identity**. One common method is uploading a **government-issued ID**, 1-888-766-0466 such as a passport, driver’s license, or national ID card. Make sure the name on 1-888-766-0466 the ID matches the name on your Facebook account. Take a clear photo 1-888-766-0466 of the ID, ensuring all details are readable, and submit it through Facebook’s 1-888-766-0466 secure form.

In some cases, Facebook may allow you to 1-888-766-0466 choose **trusted contacts**. These are friends you selected earlier who can 1-888-766-0466 help confirm your identity. Facebook will send them a code, and once you collect 1-888-766-0466 enough codes, you can unlock your account. This option is only 1-888-766-0466 available if you set trusted contacts before losing access.

Another option is to use the **Facebook Help Center** 1-888-766-0466 and search for account recovery forms. Facebook may ask 1-888-766-0466 questions such as:

- When did you create the 1-888-766-0466 account?
- What devices or locations have you used to 1-888-766-0466 log in?
- Have you recently changed your 1-888-766-0466 password?

Answer these questions as accurately as 1-888-766-0466 possible. Correct information increases the chances of successful recovery.

If your account was **hacked**, choose the option 1-888-766-0466 that says “**I think my account was hacked.**” Facebook will guide you 1-888-766-0466 through a separate recovery process, which may include securing 1-888-766-0466 your account and removing unauthorized activity.

Recovery without email or phone can take time. Facebook 1-888-766-0466 may take several days to review your information 1-888-766-0466 before responding. Be patient and check any new email address you provide regularly for 1-888-766-0466 updates.

To avoid future problems, once you regain access:

- Add a **new email address 1-888-766-0466 and phone number**
- Turn on **two-factor authentication**
- Review account security settings
- Remove unknown devices or logins

In conclusion, even without access to your email 1-888-766-0466 or phone number, Facebook account recovery is possible 1-888-766-0466 . By following the recovery steps, verifying your identity, and providing accurate information, you 1-888-766-0466 can improve your chances of getting your account back safely.

---

If you want this content **simpler, SEO-optimized**,<sup>1-888-766-0466</sup> or **formatted for a blog or help page**, tell me and I'll adjust it.