



链滴

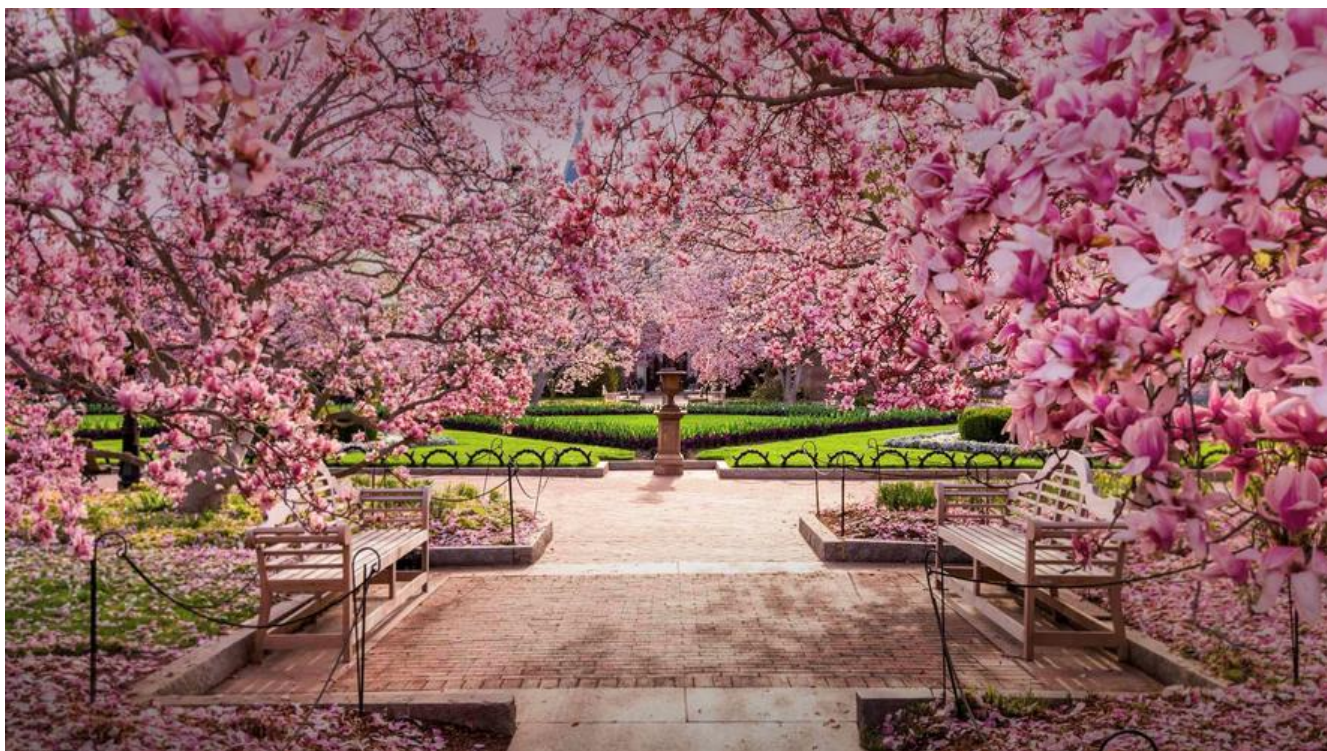
# 忘记 mysql 的 root 密码怎么找回

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原文链接: <https://ld246.com/article/1566721418813>

来源网站: [链滴](#)

许可协议: [署名-相同方式共享 4.0 国际 \(CC BY-SA 4.0\)](#)



## 首先找到mysqld的路径

which mysqld

```
[root@VM_0_11_centos ~]# which mysqld
/usr/sbin/mysqld
```

敲命令查看默认的mysql配置文件位置 `/usr/sbin/mysqld --verbose --help |grep -A 1 'Default options'`

```
[root@VM_0_11_centos ~]# /usr/sbin/mysqld --verbose --help |grep -A 1 'Default options'
2019-08-25 16:10:23 0 [Note] /usr/sbin/mysqld (mysqld 5.6.45-log) starting as process 3431 ...
2019-08-25 16:10:23 3431 [Note] Plugin 'FEDERATED' is disabled.
Default options are read from the following files in the given order:
/etc/my.cnf /etc/mysql/my.cnf /usr/etc/my.cnf ~/.my.cnf
2019-08-25 16:10:23 3431 [Note] Binlog end
2019-08-25 16:10:23 3431 [Note] Shutting down plugin 'MyISAM'
2019-08-25 16:10:23 3431 [Note] Shutting down plugin 'CSV'
```

打开配置文件my.cnf,并添加 `skip-grant-tables`, 跳过权限的检查

用空密码连接数据库,并修改数据库的root密码

mysql -u root

```
mysql> set password = password('390032540');
ERROR 1290 (HY000): The MySQL server is running with the --skip-grant-tables option so it cannot execute this statement
mysql> update user set password=password('390032540') where user='root' and host='localhost';
```

```
ERROR 1046 (3D000): No database selected
mysql> use mysql;
Database changed
mysql> update user set password=password('new password') where user='root' and host='localhost';
Query OK, 1 row affected (0.00 sec)
Rows matched: 1  Changed: 1  Warnings: 0
```

## 然后刷新权限表

```
flush privileges;
```

## 再重新登录的时候就必须输入密码了

```
ERROR 1045 (28000): Access denied for user 'root'@'localhost' (using password: YES)
```

最后，不要忘记把刚才那个跳过权限检查的配置给删掉