

Forum:[Hack Forums](#)

Thread: [I need help recovering my Gmail account](#)

Beto - August 11, 2026, 5:54 pm

It's being a while since I last used my account and my brother has my iPhone which got deactivated and now my phone number belongs to someone else who is not answering my messages or calls and my brother never turned on my iPhone to keep my email account active and now everyone is try to login to my Gmail it ask for verification which is sent to my old number which I don't have access no more any help is highly appreciated thank you

snadder - August 12, 2026, 9:05 am

The easiest way is to contact google and see if they can assist. Is the website sending a MFA code to your phone? I got lucky one time and it was asking me to add a phone number for MFA so I could enter any new number. They sometimes allow other ways to confirm your account like another email address.

Beto - August 12, 2026, 8:00 pm

Yes they sending a code to the phone number and no it won't let me add a new number

Pr0m3th3us - August 13, 2026, 10:46 am

(Aug 12, 2026 09:05 AM)snadder Wrote: [\[CITE\]](#) The easiest way is to contact google and see if they can assist. Is the website sending a MFA code to your phone? I got lucky one time and it was asking me to add a phone number for MFA so I could enter any new number. They sometimes allow other ways to confirm your account like another email address.

They dont let you add an email anymore when trying to recover. That email is set up during the creation of the account or sometimes it will bug you about it when you sign in.

OP If you do not have a backup recovery email set up, and you no longer have access to the phone number linked to the account, it is extremely unlikely you will be able to recover this account.

Beto - August 14, 2026, 4:00 pm

That sucks ?