

# 5 Ways Hackers Stay Inside Your Gmail — Even After You Change Your Password

If your email is compromised, everything is compromised. Banking. Social media. Your identity. Fix these five things today.

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*When a hacker wants inside your Gmail, their first attempt is your password. If 2FA blocks them, they look for another door. And more often than not, they find one — because most people don't know these five doors exist. Changing your password is not enough.*

## 1

### Turn on 2-Step Verification — and upgrade from SMS

Without it, your password alone stands between a hacker and everything. Turn it on, then switch from SMS codes to an Authenticator app — SMS codes can be stolen via SIM swap; codes from an app live on your device only.

#### WHERE TO FIND IT (iPhone & Android):

Gmail app → profile photo → Manage your Google Account → Security tab → 2-Step Verification → Get Started → scroll down → Authenticator app → Set up

## 2

### Revoke apps that have access to your Gmail

Every "Sign in with Google" you ever clicked gave that service ongoing read access to your account — including apps that no longer exist. Remove anything you don't recognise or haven't used in the last six months.

#### WHERE TO FIND IT (iPhone & Android):

Gmail app → profile photo → Manage your Google Account → Security tab → "Your connections to third-party apps" → See all connections → tap app → Delete

## 3

### Check which devices are signed into your account

This shows every phone, laptop and computer logged into your Google account. A phone you sold without factory-resetting may still have an active session — sign out anything unfamiliar immediately.

#### WHERE TO FIND IT (iPhone & Android):

Gmail app → profile photo → Manage your Google Account → Security tab → "Your devices" → Manage all devices → tap device → Sign out if unrecognised

## 4

### Check for hidden forwarding rules

After getting in, hackers set up a silent forwarding rule so every email you receive goes to them too — even after you change your password. Also check "Filters and Blocked Addresses" for rules that auto-delete security alerts.

#### ■ DESKTOP BROWSER ONLY

gmail.com in a browser → gear icon → See all settings → Forwarding and POP/IMAP tab Also check: Filters and Blocked Addresses tab → delete any rule you did not create

## 5

### Add two recovery options — a phone number and a backup email

If a hacker controls your recovery contact, they can reset your password and lock you out permanently. Add both a recovery phone AND a recovery email — use a non-Gmail address with a different password, and check both are still numbers you own.

#### WHERE TO FIND IT (iPhone & Android):

Gmail app → profile photo → Manage your Google Account → Security tab → "How you sign in to Google" → Recovery phone + Recovery email → add or update

■ **Your Gmail is the master key to your bank alerts, your social accounts, your shopping — everything resets through it. Treat it like the most important password you own.**

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