

# Passwords

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Time to talk about that thing you all hear about: your passwords! How many times have you heard that you should be changing your passwords regularly? How about choosing a password that is strong vs. weak? Choose a place to record them so you won't forget. We offer a free program to do just this. It's *Whisper* which you will find under Downloads.

It should go without saying that your password is one of the really important safeguards of your bank account, your email account, your network, etc. Using something that is easy to remember usually ends up as your name, the word "password," the numbers "123456" or something equally clever (NOT!)

In general, your password should be 8 or more characters in length. It's good to include uppercase as well as lowercase letters. Adding a number or another character (such as the # or ! or @) makes it even stronger. Of course, using a password written in a foreign language helps, too. When trying to hack into accounts, the bad guys frequently launch a "dictionary attack" which just means they try every conceivable word in the dictionary.

Now that you have all those accounts with usernames and passwords, how on earth do you remember them? We use a program (free) called *Whisper*. You can download it from our website as well as read all of my articles that have appeared in the Log. Just go to [www.abeconsultants.com/resources](http://www.abeconsultants.com/resources).