

# GOOD IDEAS STRONGER PASSWORD SECURITY

Avoid predictable and weaker password patterns.

Outdated password rules like complexity and constant rotation can lead to predictable, weak passwords that attackers find easy to crack.

To address this, national security experts recommend guidelines that make passwords harder to guess without being hard to remember.<sup>1</sup>

IT is complicated. Knowing the right questions to ask can be difficult. When it comes to updating your organization's password guidelines, here's a checklist of good ideas.

## Ask your IT expert:

- Are we still forcing password rotation?**  
Changing your password regularly leads to weak, predictable patterns.
- Are we still requiring specific types of characters?**  
Passwords with symbols, numbers and special characters help with length requirements but are harder to remember.
- Are we still allowing less than 15 characters?**  
Longer passwords (15 or more characters) are more secure and harder to crack.
- Are we encouraging the use of passphrases?**  
A passphrase like "GreenPhoneTurkeyDrive" is much stronger than "P@\$W0rD2024," easier to remember and doesn't fall into a pattern that can be easily guessed.<sup>2</sup>
- Do we utilize a password manager?**  
They are more secure than storing your passwords in a file or web browser, and you'll only have to remember one master password.<sup>3</sup>

## Need Help Answering These Questions?

Call us at (616) 949-4020 or email us at [GoodIdeas@hungerford.tech](mailto:GoodIdeas@hungerford.tech).

<sup>1</sup> <https://www.hungerford.tech/blog/nist-releases-new-password-rules-what-does-it-mean-for-you/>

<sup>2</sup> <https://www.hungerford.tech/blog/password-vs-passphrase-which-is-better/>

<sup>3</sup> <https://www.hungerford.tech/blog/use-a-password-manager-instead-of-your-web-browser-to-save-passwords/>