MAKE A PASSWORD RESET DISKETTE FOR XP

If your computer isn't connected to a network, or it's connected to a peer-to-peer network (in MS-speak a "workgroup"), here's how you start the Forgotten Password Wizard:

Make sure you have a diskette handy. (Microsoft says you have to use a blank formatted diskette, but that's ludicrous. All you need is 2 KB 0f spare room on any old diskette.) Log on normally.
Click start | Control Panel | User Accounts. Click on your account, then click Prevent A Forgotten Password.
The Forgotten Password Wizard kicks in. Follow the instructions and you'll end up with a Password Reset Disk.
If your computer is connected to a Big Corporate Network (a "domain"):
Make sure you have a diskette handy.
Log on normally to your local computer.
Hit Ctrl+Alt+Del.
Click Change Password.
Click Backup.
The Forgotten Password Wizard starts and steps you through creating a Password Reset Disk.

In Windows XP you can normally remove the logon password by doing the following:

1. Click Start, click Control Panel, and then double-click User Accounts.
2. Click the user account.
3. Click "Remove my password".
4. Type the password in the "Type your current password" box, and then click Remove Password.

If this doesn't work then try this:

1. Go to Control Panel.
2. Click on Administrative Tools.
3. Select Local Security Settings.
4. Click on Minimum Password Length.
5. Reduce it to 0. (This is no password required.)
6. Go to User Account in Control Panel. Click on your account and then click on Remove My Password.
This will disable the password feature.

Revised 5/31/2009