

# How to Create Strong Passwords

*That's easy for you to remember, hard for others to guess!*

## Through Models and Examples

### 1. The sentence (the passphrase model)

Use a sentence you know well, but one that others are unlikely to know or guess.

#### Model

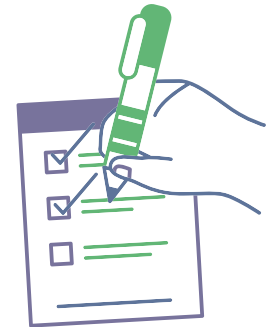
Choose 4–5 unrelated words that form a weird internal joke or a line from a song/poem you like, and add a number and a special character.

#### Example

Original sentence: My cat always chases red laser dots in the kitchen

Password: \$Mycatalwayschasesredlaserdotsinthekitchen!1\$ (49 characters)

Shorter version: Mycatchases+red1laser (21 characters)



### 2. The Acronym Models

Create an acronym from a sentence you can easily remember, and replace some letters with numbers or special symbols.

#### Models

**Model 1** Take the first letter of each word in a long sentence, and add a year or a symbol.

**Model 2** Numberfy the letter in a sentence or replace it with graphically similar symbols (leet-speak)

#### Examples

**Model 1** I baked the world's best chocolate cake in the new oven yesterday while my husband slept 1985.

Password: \*lbtwbccitnoywmhs1985\* (20 characters)

**Model 2** I love to study Danish

Password: 1l0v3t0\$t0d4n!\$h

### 3. The Four Random Words Model (Diceware Model)

This is often the strongest approach because it's based on high entropy (randomness). Even though the words are easy to remember, the combination is extremely hard to guess.

#### Model

Choose four or five completely random and unrelated words that you find meaningful, and combine them with numbers/symbols.

#### Example

Random words: Armchair, Carrot, Winter, Copenhagen

Password: Armchair+CarrotWinterCph2024 (30 characters)

Shorter version: Armchair-Carrot!24 (20 characters)

