



Passphrase manual 3.0 - English

This method can be used for creating highly secure and easily memorable passphrases. For added security please print the list below and do not use the search option on your computer. Use only physical dice, if you do not have physical dice cut out the paper dice below, and fold then together. True randomness can only be achieved with dice. Follow the steps below to start generating your own passphrase.

Step 1: How many words should I generate?

The more words a passphrase has the more secure it will become. The more words, the harder it becomes to remember the passphrase. Choose the amount of words for your passphrase based on your required level of security.

Words	Bits	Security	Secure against
4	51.6	Unsecure	Brute force with 100 computers
5	64.6	Moderate	Brute force by wealthy organization
6	77.5	Very secure	Brute force with a super computer
7	90.4	Extremely secure	Brute force not possible by known technology
8	103	Ultimate security	Secure for the foreseeable future

Step 2: Roll the dice

You can start generating a passphrase by rolling the dice, roll five dice in a row and read the numbers from left to right. For example, you might read 1, 2, 2, 5, 3 also referred to as the word "apricot". Write the words down on a piece of paper with a pen, do not write this down digitally or near any devices also do not say the words out loud.

Step 3: Repeat step 2

Repeat step 2 until you created your passphrase.

Step 4: Memorize the passphrase and destroy your note

Read the passphrase and make sure you remember it.

After you remember your passphrase by heart destroy your note completely.

Example passphrase

After rolling all five dice five times, so 25 dice rolls in total the following passphrase emerged: "Apricotpapayareversalsubtotalexexcuse"

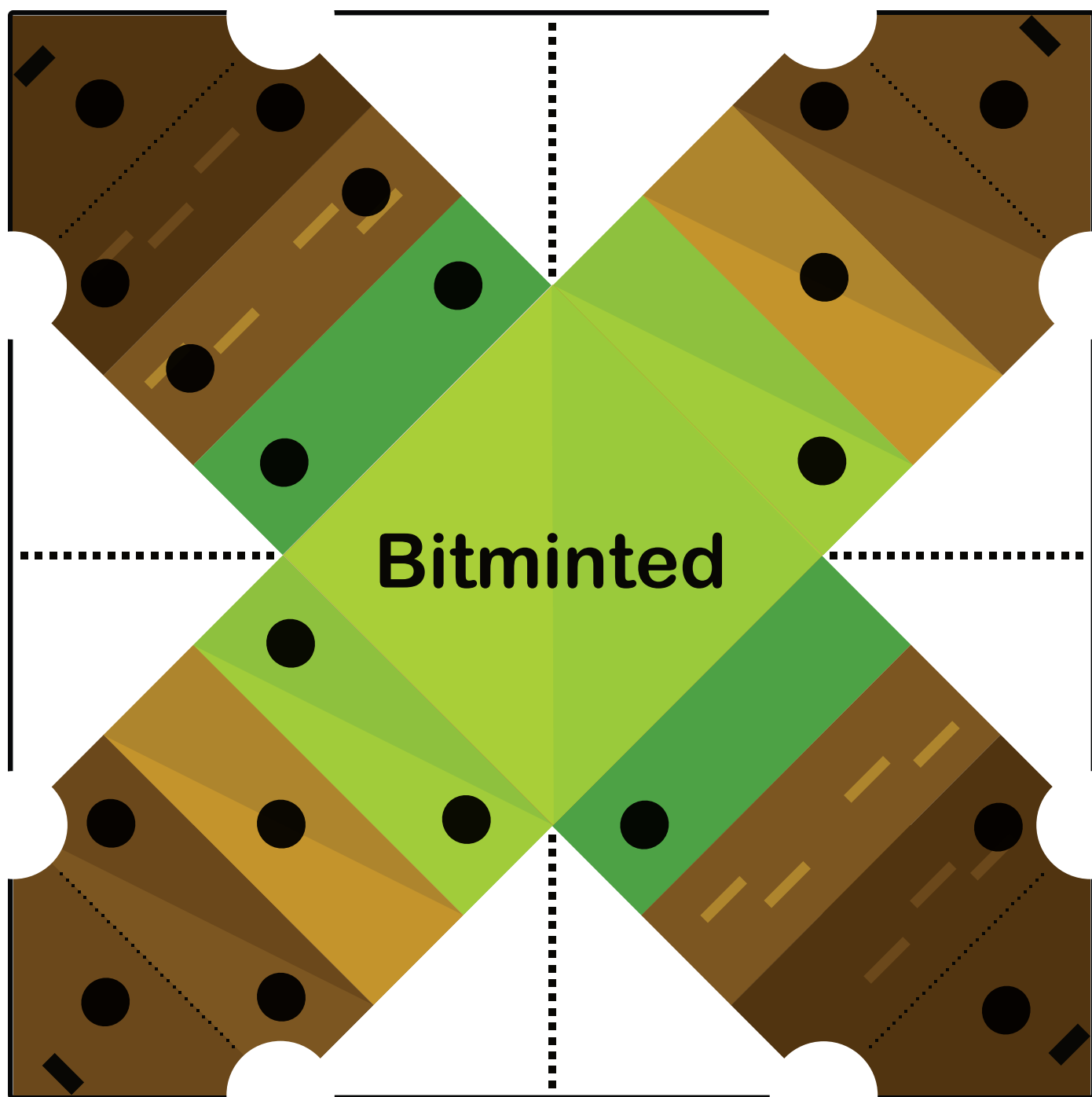
Extra step: Special characters

To add an additional level of security you need four more rolls with one die.

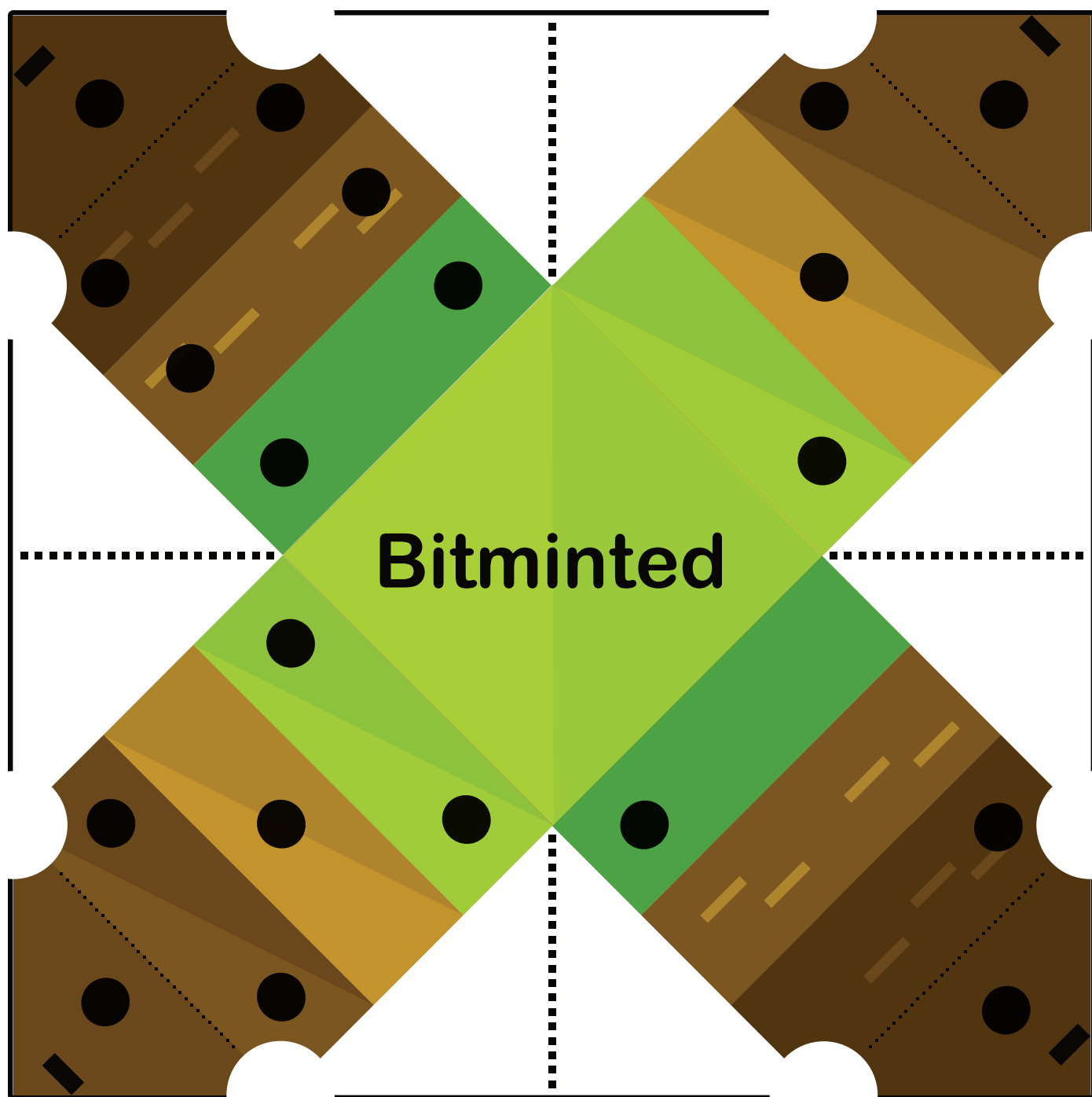
- The first roll determines the word the character is added to
- The second roll determines the letter of the word that will be replaced
- The second roll determines the cell in the horizontal column
- The third roll determines the cell in the vertical column

Roll 3 & 4	1	2	3	4	5	6
1	!	@	#	\$	%	^
2	&	*	()	-	_
3	=	+	[]	{	}
4	;	:	'	"	\	
5	.	?	9	8	7	6
6	5	4	3	2	1	0

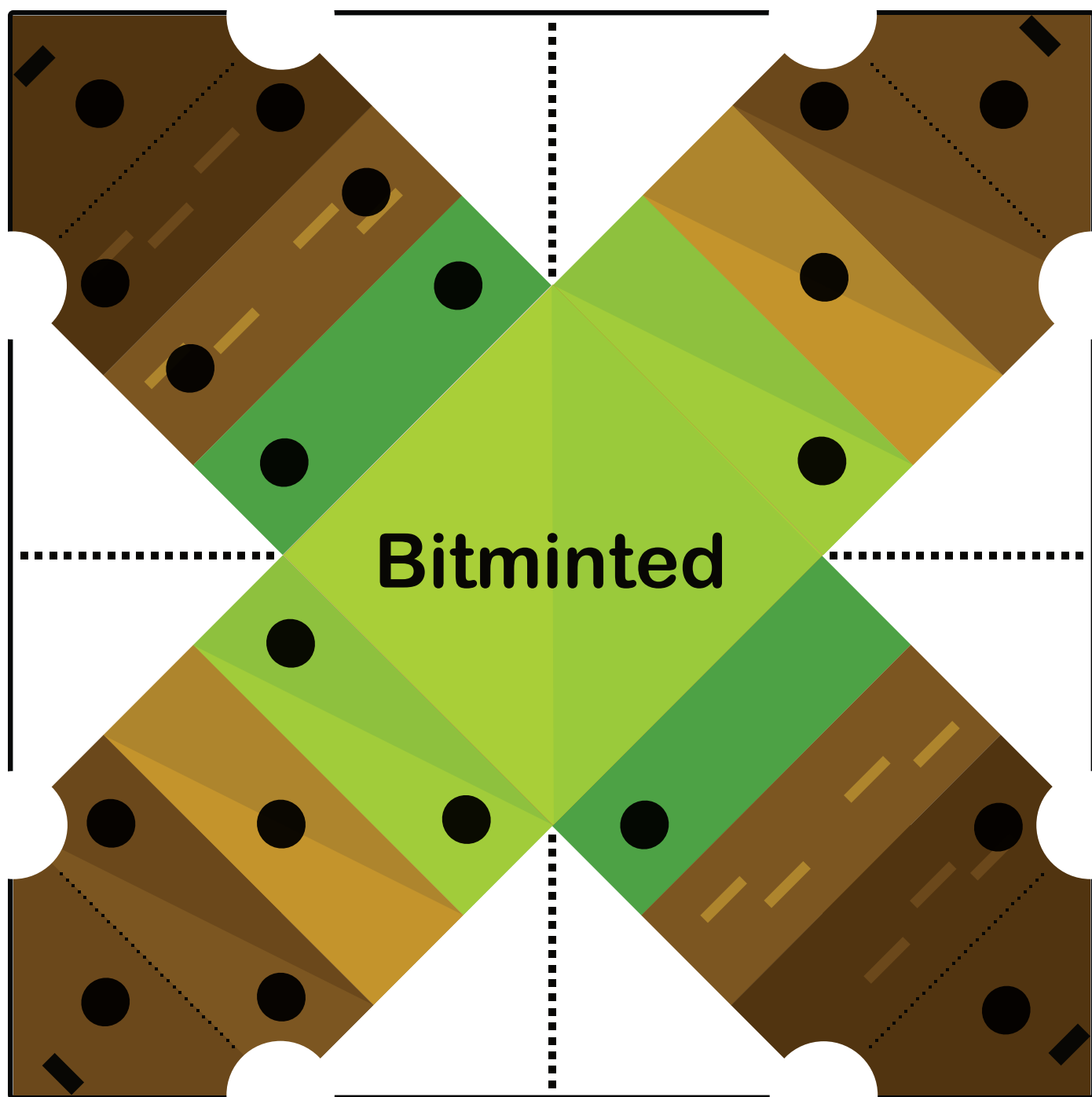
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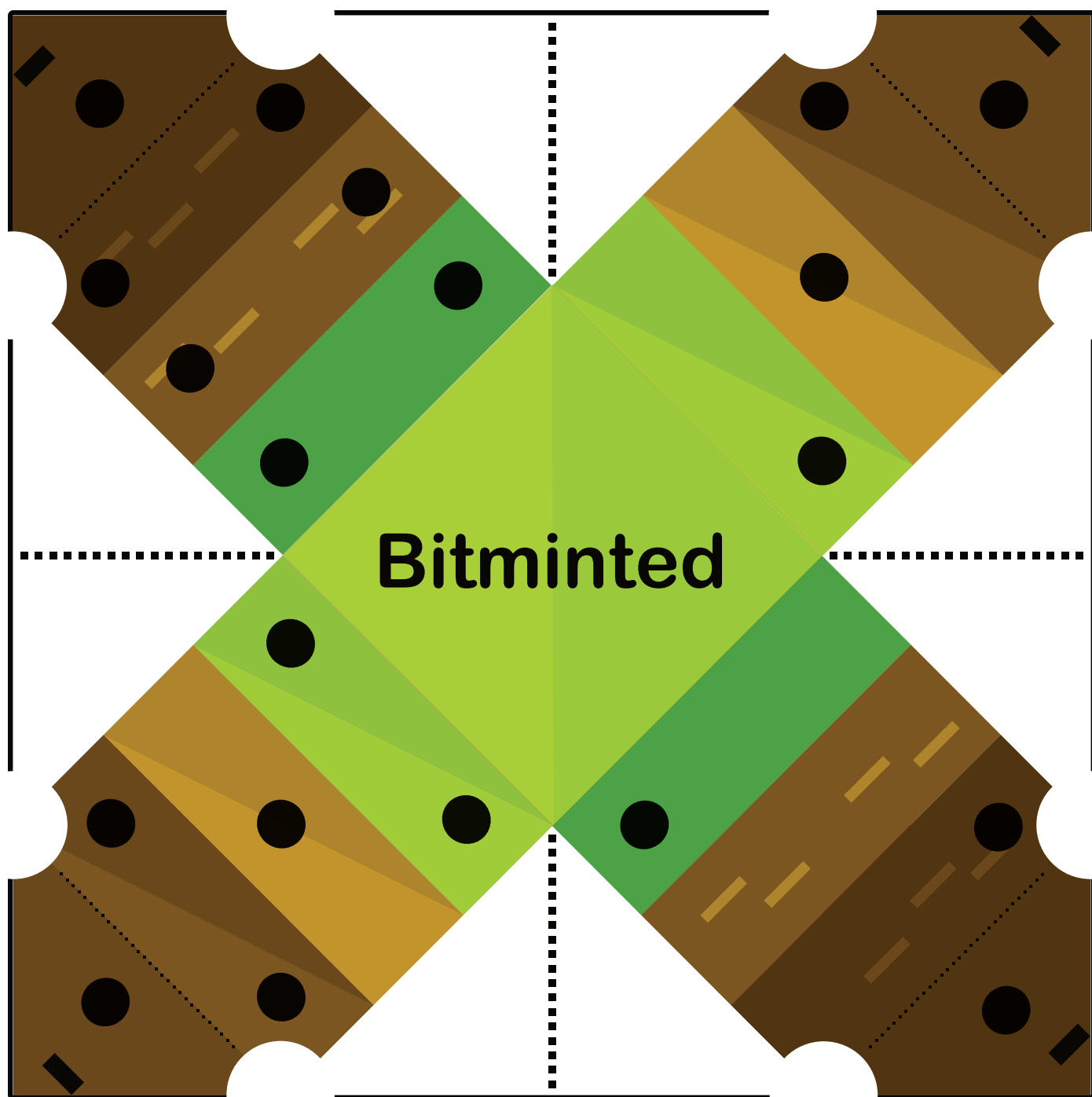
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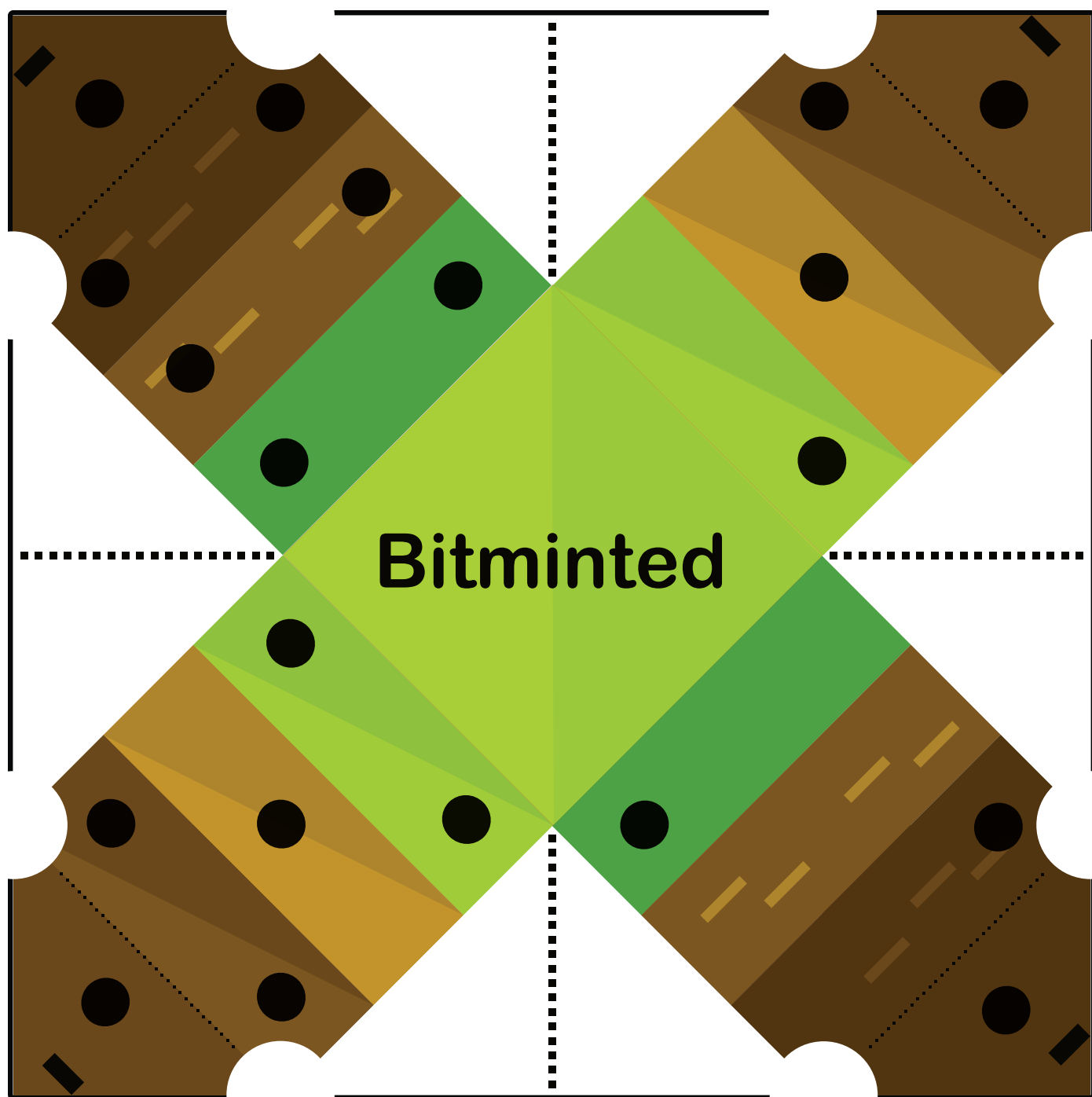
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64215 unknown	64523 unshackle	65231 upload	65535 veto	66243 wheat	66551 yam
64216 unlaced	64524 unshaken	65232 upon	65536 vexingly	66244 whenever	66552 yanking
64221 unlatch	64525 unshaved	65233 upper	65541 viability	66245 whiff	66553 yapping
64222 unlawful	64526 unshaven	65234 upright	65542 viable	66246 whimsical	66554 yard
64223 unleaded	64531 unsheathe	65235 uprising	65543 vibes	66251 whinny	66555 yarn
64224 unlearned	64532 unshipped	65236 upriver	65544 vice	66252 whiny	66556 yeah
64225 unleash	64533 unsightly	65241 uproar	65545 vicinity	66253 whisking	66561 yearbook
64226 unless	64534 unsigned	65242 uproot	65546 victory	66254 whoever	66562 yearling
64231 unleveled	64535 unskilled	65243 upscale	65551 video	66255 whole	66563 yearly
64232 unlighted	64536 unsmooth	65244 upside	65552 viewable	66256 whomever	66564 yearning
64233 unlikable	64541 unsmooth	65245 upstage	65553 viewer	66261 whoopee	66565 yeast
64234 unlimited	64542 unsnap	65246 upstairs	65554 viewing	66262 whooping	66566 yelling
64235 unlined	64543 unsocial	65251 upstart	65555 viewless	66263 whoops	66611 yelp
64236 unlinked	64544 unsoiled	65252 upstate	65556 viewpoint	66264 why	66612 yen
64241 unlisted	64545 unsoled	65253 upstream	65561 vigorous	66265 wick	66613 yesterday
64242 unlit	64546 unsolved	65254 upstroke	65562 village	66266 widely	66614 viddish
64243 unlivable	64551 unsorted	65255 upswing	65563 villain	66311 widen	66615 yield
64244 unloaded	64552 unspoiled	65256 uptake	65564 vindicate	66312 widget	66616 yin
64245 unloader	64553 unspoken	65261 uptight	65565 vineyard	66313 widow	66621 yippee
64246 unlocked	64554 unstable	65262 uptown	65566 vintage	66314 width	66622 yo-yo
64251 unlocking	64555 unstaffed	65263 upturned	65611 violate	66315 wieldable	66623 yodel
64252 unlovable	64556 unstamped	65264 upward	65612 violation	66316 wielder	66624 yoga
64253 unloved	64561 unsteady	65265 upwind	65613 violator	66321 wife	66625 yogurt
64254 unlovely	64562 unsterile	65266 uranium	65614 violet	66322 wifi	66626 yonder
64255 unloving	64563 unstirred	65311 urban	65615 violin	66323 wikipedia	66631 yoyo
64256 unlucky	64564 unstitch	65312 urchin	65616 viper	66324 wildcard	66632 yummy
64261 unlucky	64565 unstoppped	65313 urethane	65621 viral	66325 wildcat	66633 zap
64262 unmade	64566 unstuck	65314 urgency	65622 virtual	66326 wilder	66634 zealous
64263 unmanaged	64611 unstuffed	65315 urgent	65623 virtuous	66331 wildfire	66635 zebra
64264 unmanned	64612 unstylish	65316 urging	65624 virus	66332 wildfowl	66636 zen
64265 unmappped	64613 unsubstle	65321 urologist	65625 visa	66333 wildland	66641 zeppelin
64266 unmarked	64614 unsubtly	65322 urology	65626 viscosity	66334 wildlife	66642 zero
64311 unmasked	64615 unsuited	65323 usable	65631 viscous	66335 wildly	66643 zestfully
64312 unmasking	64616 unsure	65324 usage	65632 viselike	66336 wildness	66644 zesty
64313 unmatched	64621 unsworn	65325 useable	65633 visible	66341 willed	66645 zigzagged
64314 unmindful	64622 untagged	65326 used	65634 visibly	66342 willfully	66646 zipfile
64315 unmixable	64623 untainted	65331 uselessly	65635 vision	66343 willing	66651 zipping
64316 unmixed	64624 untaken	65332 user	65636 visiting	66344 willow	66652 zippy
64321 unmoleded	64625 untamed	65333 usher	65641 visitor	66345 willpower	66653 zips
64322 unmoral	64626 untangled	65334 usual	65642 visor	66346 wilt	66654 zit
64323 unmovable	64631 untapped	65335 utensil	65643 vista	66351 wimp	66655 zodiac
64324 unmoved	64632 untaxed	65336 utility	65644 vitality	66352 wince	66656 zombie
64325 unmoving	64633 unthawed	65341 utilize	65645 vitalize	66353 wincing	66661 zone
64326 unnamable	64634 unthread	65342 utmost	65646 vitally	66354 wind	66662 zoning
64331 unnamed	64635 untidy	65343 utopia	65651 vitamins	66355 wing	66663 zookeeper
64332 unnatural	64636 untie	65344 utter	65652 vivacious	66356 winking	66664 zoologist
64333 unneeded	64641 until	65345 vacancy	65653 vividly	66361 winner	66665 zoology
64334 unnerve	64642 untimed	65346 vacant	65654 vividness	66362 winnings	66666 zoom
64335 unnerving	64643 untimely	65351 vacate	65655 vixen	66363 winter	
64336 unnoticed	64644 untitled	65352 vacation	65656 vocalist	66364 wipe	
64341 unopened	64645 untoasted	65353 vagabond	65661 vocalize	66365 wired	
64342 unopposed	64646 untold	65354 vagrancy	65662 vocally	66366 wireless	
64343 unpack	64651 untouched	65355 vagrantly	65663 vocation	66411 wiring	
64344 unpadding	64652 untracked	65356 vaguely	65664 voice	66412 wiry	
64345 unpaid	64653 untrained	65361 vagueness	65665 voicing	66413 wisdom	
64346 unpainted	64654 untreated	65362 valiant	65666 void	66414 wise	
64351 unpaired	64655 untried	65363 valid	66111 volatile	66415 wish	
64352 unpaved	64656 untrimmed	65364 vallum	66112 volley	66416 wisplike	
64353 unpeeled	64661 untrue	65365 valley	66113 voltage	66421 wispy	
64354 unpicked	64662 untruth	65366 valuables	66114 volumes	66422 wistful	
64355 unpiloted	64663 unturned	65411 value	66115 voter	66423 wizard	
64356 unpinnded	64664 untwist	65412 vanilla	66116 voting	66424 wobble	
64361 unplanned	64665 untying	65413 vanish	66121 voucher	66425 wobbling	
64362 unplanted	64666 unusable	65414 vanity	66122 vowed	66426 wobbly	
64363 unpleased	65111 unused	65415 vanquish	66123 vowel	66431 wok	
64364 unpledged	65112 unusual	65416 vantage	66124 voyage	66432 wolf	
64365 unplowed	65113 unvalued	65421 vaporizer	66125 wackiness	66433 wolferine	
64366 unplug	65114 unvaried	65422 variable	66126 wad	66434 womanhood	
64411 unpopulard	65115 unvarying	65423 variably	66131 wafer	66435 womankind	
64412 unproven	65116 unvelled	65424 varied	66132 waffle	66436 womanless	
64413 unquote	65121 unveiling	65425 variety	66133 waged	66441 womanlike	
64414 unranked	65122 unvented	65426 various	66134 wager	66442 womanly	
64415 unrated	65123 unviable	65431 varmint	66135 wages	66443 womb	
64416 unraveled	65124 unvisited	65432 varnish	66136 waggle	66444 woof	
64421 unreachd	65125 unvocal	65433 varsity	66141 wagon	66445 wooing	
64422 unread	65126 unwanted	65434 varying	66142 wake	66446 wool	
64423 unreal	65131 unwarlike	65435 vascular	66143 waking	66451 woozy	
64424 unreeling	65132 unwary	65436 vaseline	66144 walk	66452 word	
64425 unrefined	65133 unwashed	65441 vastly	66145 walmart	66453 work	
64426 unrelated	65134 unwatched	65442 vastness	66146 walnut	66454 worried	
64431 unrented	65135 unweave	65443 veal	66151 walrus	66455 worrier	
64432 unrest	65136 unwee	65444 vegan	66152 waltz	66456 worrisome	
64433 unretired	65141 unwelcome	65445 veggie	66153 wand	66461 worry	
64434 unrevise	65142 unwell	65446 vehicular	66154 wannabe	66462 worsening	
64435 unrigged	65143 unwieldy	65451 velcro	66155 wanted	66463 worshiper	
64436 unripe	65144 unwilling	65452 velocity	66156 wanting	66464 worst	
64441 unrivaled	65145 unwind	65453 velvet	66161 wasabi	66465 wound	
64442 unroasted	65146 unwired	65454 vendetta	66162 washable	66466 woven	
64443 unrobbed	65151 unwhitting	65455 vending	66163 washbasin	66511 wow	
64444 unroll	65152 unwomanly	65456 vendor	66164 washboard	66512 wrangle	
64445 unruffled	65153 unworldly	65461 veneering	66165 washbowl	66513 wrath	
64446 unruly	65154 unworn	65462 vengeful	66166 washcloth	66514 wreath	
64451 unrushd	65155 unworried	65463 venomous	66211 washday	66515 wreckage	
64452 unsaddle	65156 unworthy	65464 ventricle	66212 washed	66516 wreckler	
64453 unsafe	65161 unbound	65465 venture	66213 washer	66521 wrecking	
64454 unsaid	65162 unwoven	65466 venue	66214 washhouse	66522 wrench	
64455 unsalted	65163 unwrapped	65511 venus	66215 washing	66523 wriggle	
64456 unsaved	65164 unwritten	65512 verbalize	66216 washout	66524 wriggly	
64461 unsavory	65165 unzip	65513 verbally	66221 washroom	66525 wrinkle	
64462 uncathcd	65166 upheast	65514 verbose	66222 washstand	66526 wrinkly	
64463 unscented	65211 upchuck	65515 verdict	66223 washup	66531 wrist	
64464 unscrew	65212 upcoming	65516 verify	66224 wasp	66532 writing	
64465 unsealed	65213 upcountry	65521 verse	66225 washing	66533 written	
64466 unseated	65214 update	65522 version	66226 watch	66534 wrongdoer	
64511 unsecured	65215 upfront	65523 versus	66231 water	66535 wronged	
64512 unseeing	65216 upgrade	65524 vertebrae	66232 waviness	66536 wrongful	
64513 unseemly	65221 upheaval	65525 vertical	66233 waving	66541 wrongly	
64514 unseen	65222 upheld	65526 vertigo	66234 wavy	66542 wrongdoing	
64515 unselect	65223 uphold	65531 very	66235 whacking	66543 wrought	
64516 unselfish	65224 uphold	65532 vessel	66236 whacky	66544 xbox	
64521 unsent	65225 uplifted	65533 vest	66241 wham	66545 xerox	
64522 unsettled	65226 uplifting	65534 veteran	66242 wharf	66546 yahoo	

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