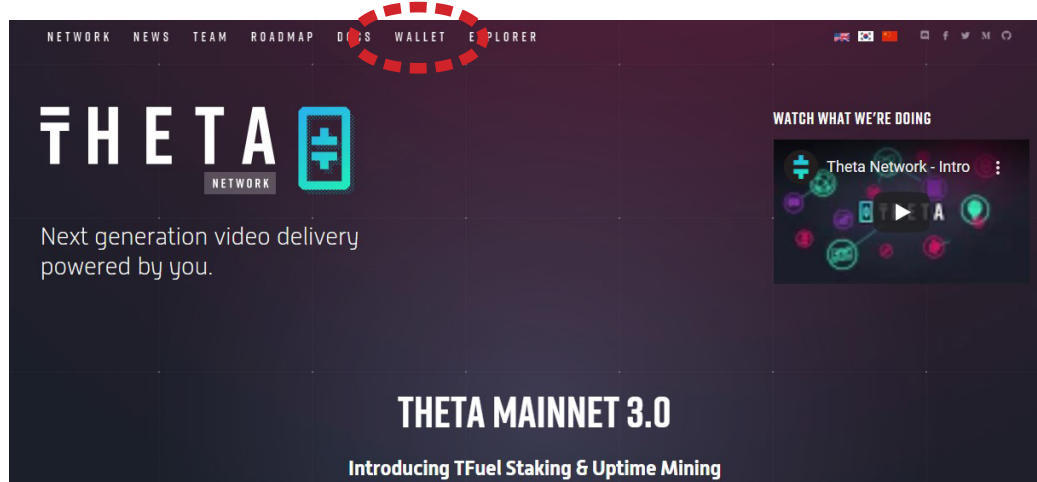# How to withdraw a stake of Theta or Tfuel

● Thetaboard recommends using a laptop/pc where available for this process.

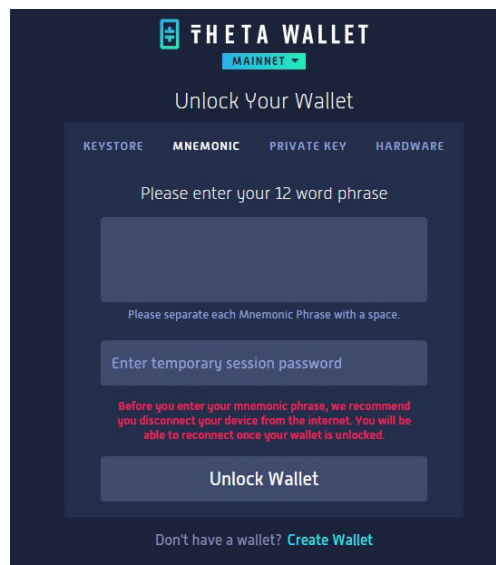**STEP 1**

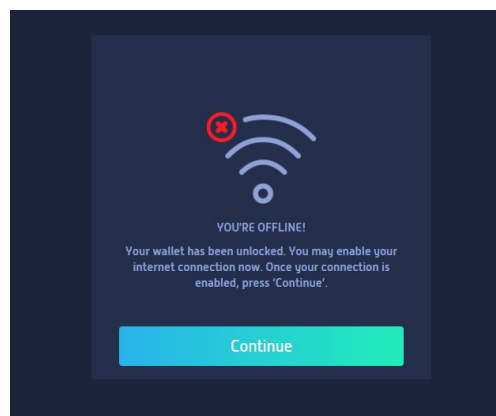Visit https://www.thetatoken.org/ and click on the wallet link

STEP 2
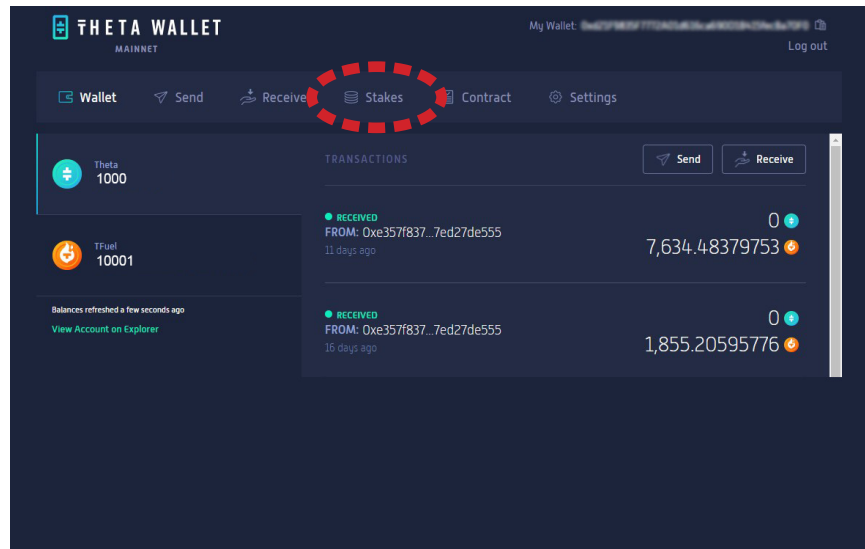
Open your wallet with your preferred method.

If using your 12 word mnemonic, please disconnect your internet, then enter your 12 words, a password for this session, and click UNLOCK WALLET.

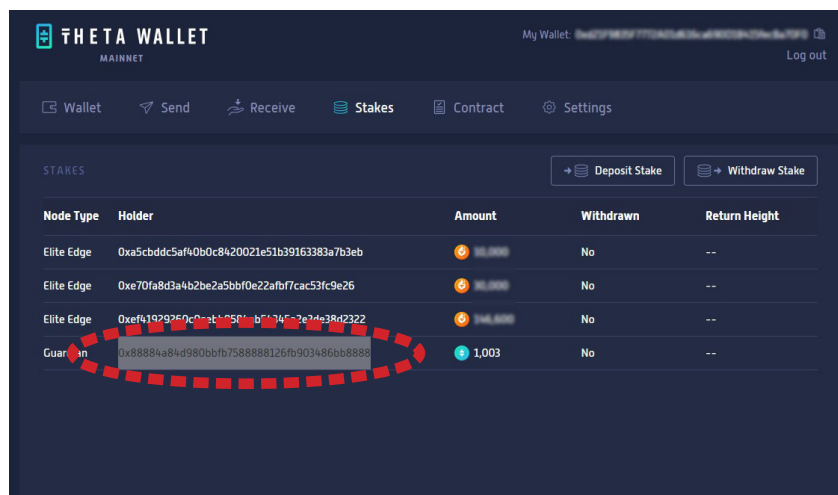Then reconnect your internet on the next page.

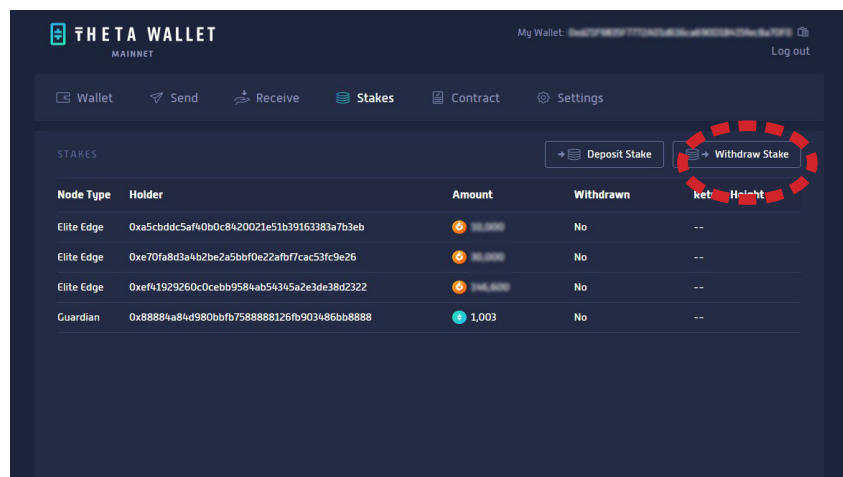**Thetaboard**

STEP 3

Click on Stakes

STEP 4

The method is the same for either Tfuel or Theta Withdraw.

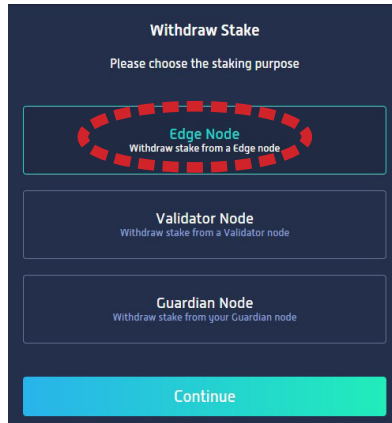Select and copy the Holder Address for the stake you wish to withdraw

STEP 5

Select Withdraw Stake

Thetaboard

STEP 6

Select either Edge Node or Guardian Node to withdraw and click continue
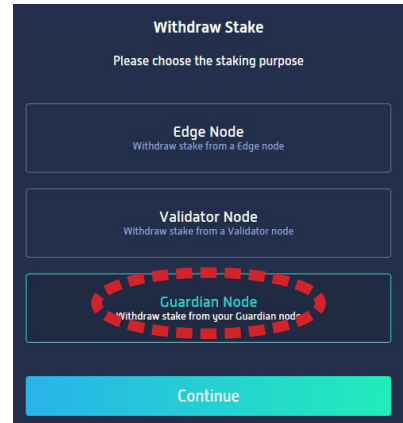
OR
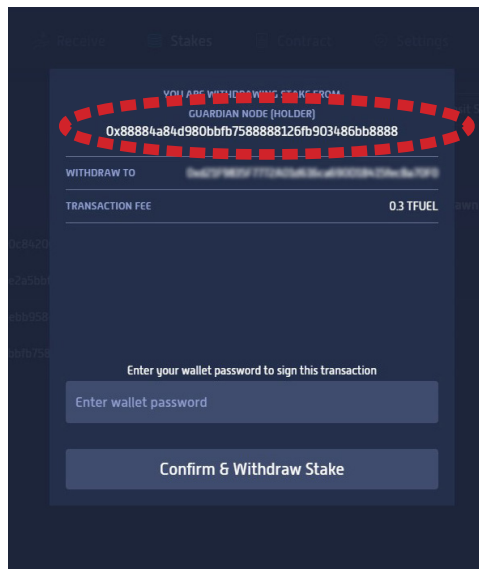
STEP 7

Paste the Holder address you copied previously
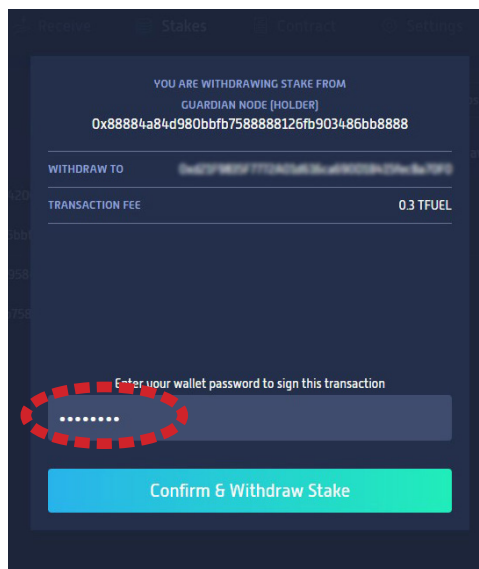
STEP 8

Enter your wallet password, and click confirm and withdraw stake
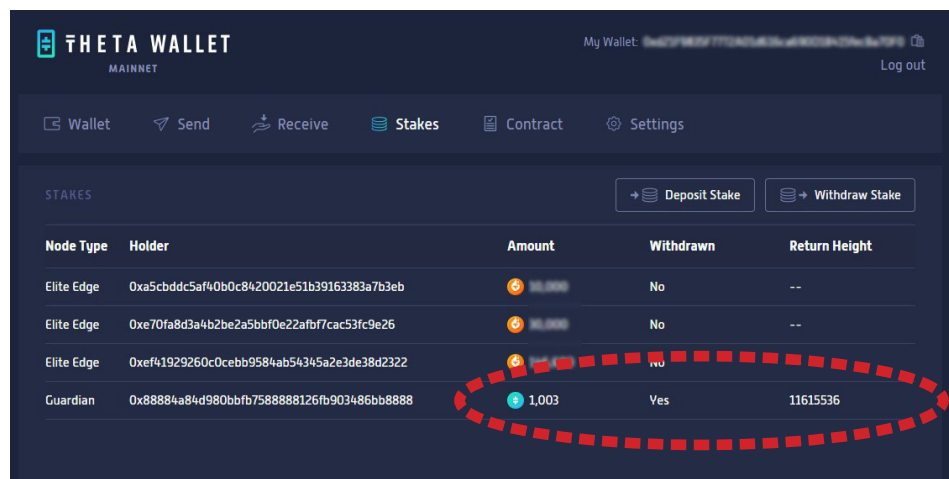

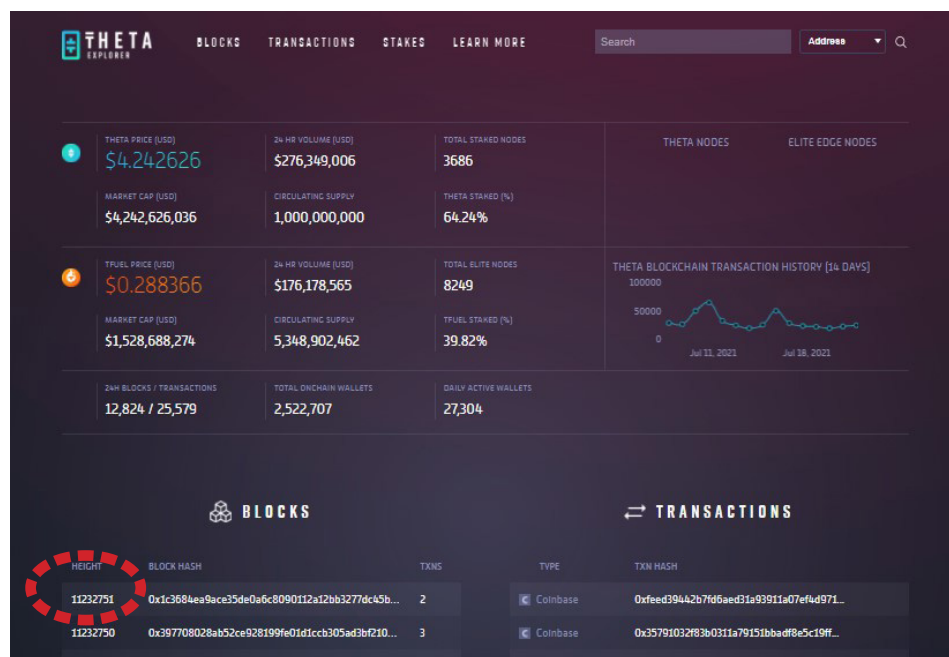Thetaboard

STEP 9

Your transaction will be processed
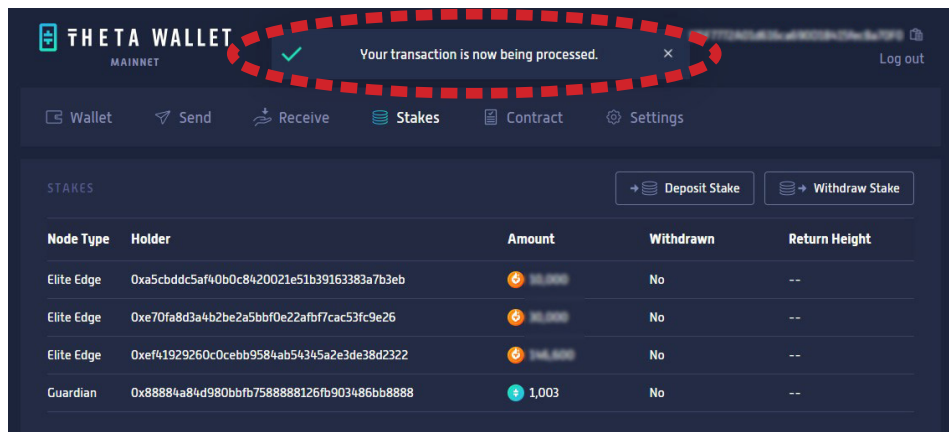
STEP 10

The dashboard will show Withdrawn as 'yes', and give you a Return Height. The Return Height corresponds with the Block Number in approx. 55 hrs that your stake will show up in the balance inside your wallet. You can write this number down.

STEP 11

To check current Block Height numbers, visit https://explorer.thetatoken.org/

Blocks size average about 6.5 seconds.

COMPLETE

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