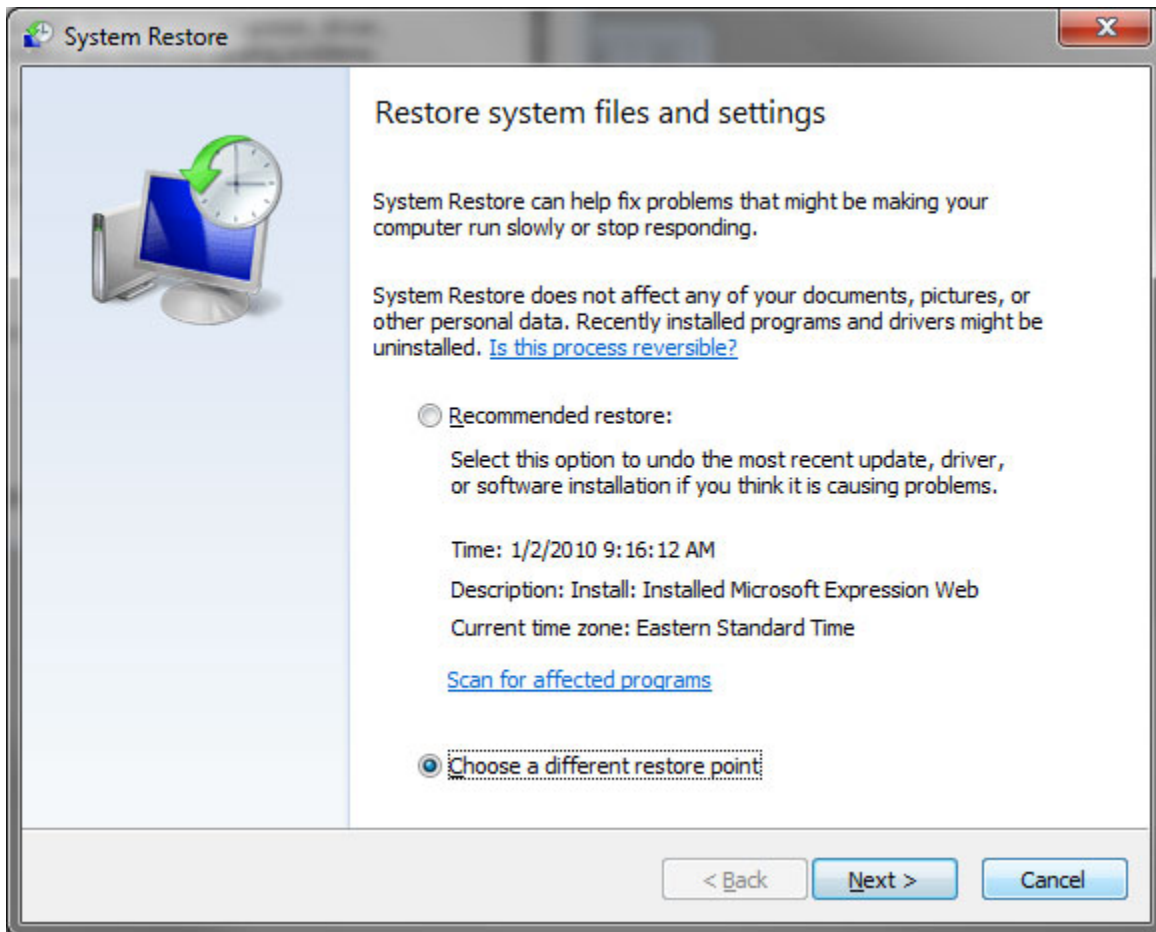


How To Run a System Restore in Windows 7

This is generally most effective when done in Safe Mode. Safe Mode does NOT allow any programs like viruses or spyware, to start up. Also your icons and video will look different/big. Do not be alarmed.

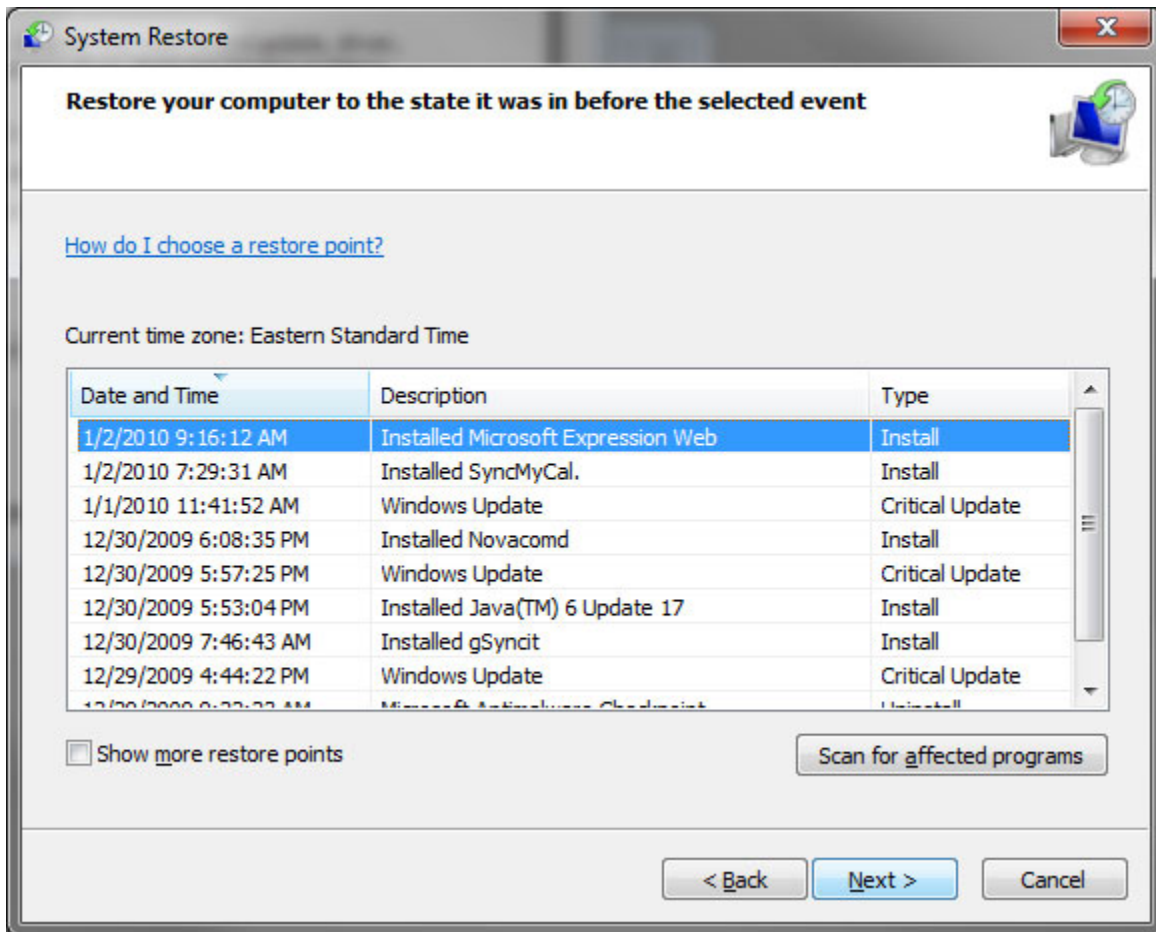
This DOES NOT Delete or Remove any data or emails.

1. To Enter Safe Mode, first turn off your computer.
2. Next, Power on the computer and as soon as it comes on and you see the manufacture logo (Dell or HP or whatever) start tapping the **F8** key.
3. You should then see the Windows Advanced Options menu come up.
4. Arrow key up to the top choice (**Safe Mode**) and press the **Enter** key twice.
5. You will see a bunch of stuff fly by and the computer will go into Safe Mode. Click Yes (or OK) to enter Safe Mode.
6. Click **Start, All Programs**, Click **Accessories**, Click **System Tools**, and then click **System Restore**.
7. On the Welcome screen, click **Restore my computer to an earlier time**, and then click **Next**.

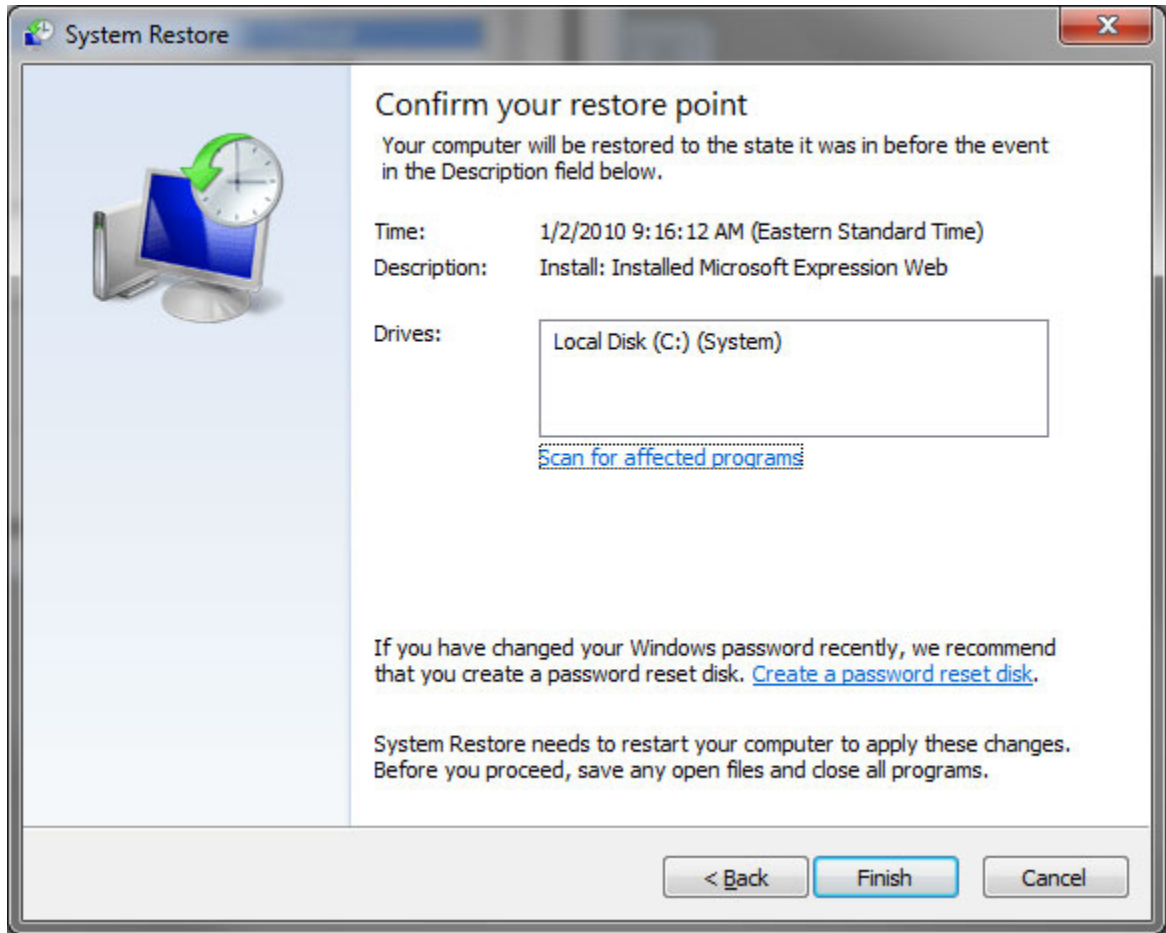


8. On the Select a Restore Point page, select "Choose a different restore point", and then click Next.

Notes: If you need to go back further, click "Show more restore points" at the bottom left



9. On the Confirm Restore Point Selection page, verify that the correct restore point is chosen, and then click **Next**.



10. The computer will shut down automatically and reboot. On reboot, you'll see the Restoration Complete page, and then click OK.

Note: The restore is NOT ALWAYS successful on the first restore. Sometimes you need to try another (earlier) date. Sometimes you have to do 2-3 restores until you successfully are able to restore your system to an earlier time.

After reviewing the stability of your system, you can choose another restore point or undo this restoration. Just open System Restore and make the appropriate choice. After you use System Restore, you'll have an additional task, Undo my last restoration, on the System Restore Welcome page. Remember that you'll have to reinstall any programs that were installed after the restore point.