

Besides of the mentioned data files, SelfControl automatically creates a preferences file in the preferences folder of your system folder.

This file stores all of your personal settings for the program. To adapt SelfControl to your needs choose "Preferences..." from the "Edit" menu. In the appearing preferences window you can choose the first day of a week, orientation of weekdays in a monthly overview and time division of daily and weekly overviews.

All preferences are saved upon termination of SelfControl automatically. Should you like to save your personal settings for SelfControl during a session, just choose "Save Preferences" from the "File" menu.

SelfControl "remembers" all window sizes and positions in the preferences file as well so the windows get reopened at the same position and size they were left the last time.