

Upon usage of SelfControl more and more old data accumulates in its files. To eliminate this data choose "Compact" out of the "File" menu from time to time.

If SelfControl is not terminated correctly for example due to a power failure or a system crash, SelfControl is not able to correctly close the file that is used at the time of the failure.

Whenever you try to open a file which is damaged in such way, you will receive a message like "Can't Read from File". Choose option "Repair" out of the "File" menu immediately after you confirmed this message before you perform any other actions with the program. After completion of the repair process, the program continues to work correctly.