Directory Repair in Safe Mode

What is Safe Mode?

When you boot in safe mode, Mac OS X disables extensions that are not pertinent to system startup.

How often should you directory repair?

Usually you should only boot in safe mode if you are having extreme computer slow downs, constant program crashing, and having problems booting the entire system up.

How to perform a directory repair in Safe Mode

1. Restart the computer.
2. Hold down one of the shift keys before the gray screen appears.
3. Continue holding the shift key until you see a message that states "Safe Boot"
4. Let go of the shift key, and let the OS continue to load.
5. Once you are inside the operating system, restart the computer. Do not press any keys as to let the OS load in a normal state.
6. You can now use your programs.