

Here's the quickest and most reliable way to reset File Explorer in Windows 11. You can either reset its settings through Folder Options or fully refresh the Explorer process if it's behaving strangely. Below is a clear, step-by-step guide based on the most up-to-date instructions. [Support Your Tech Solve Your Tech](#)

Option 1: Reset File Explorer Settings (Full Reset)

1. Open Folder Options

- Open **File Explorer**
- Click the **three dots (...)** in the toolbar
- Select **Options**

[Support Your Tech](#)

2. Reset Folder Views

- Go to the **View** tab
- Click **Reset Folders**

[Support Your Tech](#)

3. Restore All Defaults

- Still in the **View** tab
- Click **Restore Defaults**
- Click **Apply** → **OK**

[Support Your Tech](#)

4. Restart File Explorer

- Close and reopen File Explorer, **or restart your PC**

[Support Your Tech](#)

Option 2: Restart the File Explorer Process (Fixes glitches)

1. Open Task Manager

Press **Ctrl + Shift + Esc**

[Solve Your Tech](#)

2. Restart Explorer

- Find **Windows Explorer** in the list
- Right-click → **Restart**

[Solve Your Tech](#)

This refreshes the entire Explorer shell (taskbar, Start menu, desktop, File Explorer).

Option 3: Clear File Explorer Cache

1. Open File Explorer Options

Search for **File Explorer Options** in the Start menu.

[Solve Your Tech](#)

2. Clear History

- In the **General** tab
- Under **Privacy**, click **Clear**

[Solve Your Tech](#)

✂ If File Explorer is still “messed up”

Microsoft’s troubleshooting suggestions include:

- **Check Windows Update**
- **Run System File Checker:**
 - Open Command Prompt (Admin)
 - Run: sfc /scannow
- **Create a new user profile** to test if the issue is profile-specific
[Microsoft Learn](#)

[Win]+X

DISM /Online /Cleanup-Image /CheckHealth

DISM /Online /Cleanup-Image /RestoreHealth

Want me to help diagnose your specific issue?

If File Explorer is crashing, freezing, showing blank folders, or behaving oddly after an update, tell me what symptoms you see and I’ll guide you step by step.