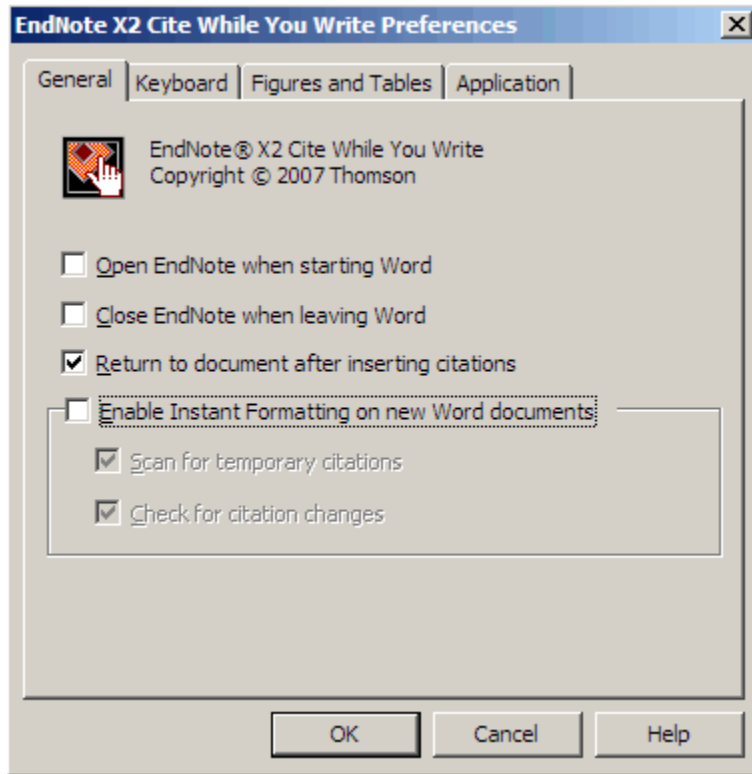# Disable cite while you write

First, disable instant formatting

In Word 2003, Go to **Tools > EndNote X2 > Cite while you write preferences**.

In Word 2007, Go to the **Endnote ribbon** then on the **Tools** group click on **Preferences**.

Uncheck the box labelled **Enable instant formatting on new Word documents**.

Close EndNote, and reopen it to pickup the changes.