Incident: I need to uninstall a program from my computer running Windows XP

Solution:
All applications should be able to be removed from your PC, whether they came pre-installed when you originally purchased the computer, or was installed at a later date. All Windows versions from 95 up to Vista use primarily the same UI, so the following instructions should not only work for your XP machine, but any of the versions from 95 onwards.

Step 1: Click the Start button (the Orb in Vista) on the Windows Taskbar and then click Control Panel.
Step 2: Click the Add or Remove Programs link (in category view, as shown). If you have classic view active, double click the Add or Remove Programs icon.
Step 3: Locate and click the program you want to uninstall from the list. Click the remove button to begin the uninstallation routine. From there just follow the prompts. Depending on the program, you may have to restart the computer to complete the routine.

3a: If the program you want to uninstall is not listed, you may have to use the program's own uninstallation routine which should be located in the program's folder in the All Programs menu list.

3a) Click start > All Programs, then find the program's folder and look for an uninstall link: