

Microsoft Office / Office 365 Maintenance Issues

12/01/2025 11:58 am EST

If the Quick and/or Full Online repairs of Microsoft Office do not resolve the issue you must uninstall O365/Office > Reboot > previous version before the broken update using the correct file and try again. You be prompted to reboot again after installation.

:: Elevated Command Prompt to Block MS Office Upgrade

```
reg add "HKLM\SOFTWARE\Policies\Microsoft\office\16.0\common\officeupdate" /v enableautomaticupdates /t REG_DWORD /d 0 /f
```

```
reg add "HKLM\SOFTWARE\Policies\Microsoft\office\16.0\common\officeupdate" /v versiontoupdate /t REG_SZ /d 16.0.19231.20156 /f
```

```
schtasks /Change /TN "\Microsoft\Office\Office Automatic Updates 2.0" /Disable
```

```
schtasks /Change /TN "\Microsoft\Office\Office Feature Updates" /Disable
```

:: Undo Commands Remove the "enableautomaticupdates" policy value

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reg delete "HKLM\SOFTWARE\Policies\Microsoft\office\16.0\common\officeupdate" /v enableautomaticupdates /f
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:: Undo Commands Remove the "versiontoupdate" policy value

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