

Other ways to see website history?

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I always go to Internet Options and delete my history, temporary internet files, and cookies after being on the internet. However, I recently did this and the next day someone was still able to find out the websites I went to and the time of day I went to them. I am certain I did delete the history, etc.

I know that ".dat" files contain the websites visited, so I downloaded System Security Suite so that I can delete those. However, when I viewed the ".dat" files using a Winspy viewer that I also downloaded, there was no time of day given next to the website names. SO, I don't think the person who saw my website tracks viewed them through examining the ".dat" files, since no time of day is given with those.

SO, my question is: Are there any other files or ways to find out website history that I might be overlooking?

(Also, as a side note, I noticed that when I go to Internet Options and delete the history, temporary files, and cookies, and then use the Winspy viewer, it shows the ".dat" files deleted as well. I thought that they could only be deleted using a program like System Security Suite, but simply deleting the Internet Options stuff seemed to do the same thing as running the entire System Security Suite).

Any help would be greatly appreciated!