

# I am having trouble pasting data into option B. What should I do?

We have not observed this behavior in recent versions of the [Option B](#) workbooks. If you are using the Excel workbooks distributed with [Option B version 6 or later](#) and have this problem, please [contact us](#) so we can investigate the issue. If you are using an earlier version of [Option B](#) and cannot paste data into one of the forms, we recommend that you [upgrade](#) to the [latest version of Option B](#).

Another potential issue has to do with how you paste the data. We recommend that you paste data in by the column. Be sure that you are pasting your data into the correct columns in [Option B](#). Pasting it into the wrong column may trigger [validation](#) messages.