



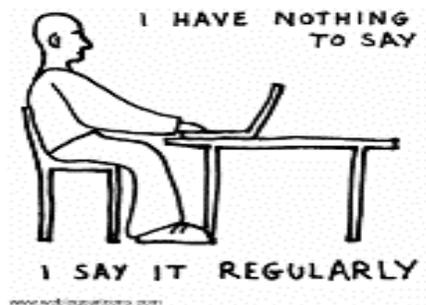
Are you talking to yourself again?

By Molly Morris, memDesigns, February, 2009
© Molly Morris, All rights reserved

Perhaps you're not talking to yourself, but you may have noticed over the past couple of months that you seem to be emailing yourself. But if you are certain that you are not, why are you receiving email that appears to be from your own email address?

Well, like everything, there's good news and bad news.

First the bad news. There's nothing much you can do to prevent it. This is plain old spam and just one of many ways that spammers use to get their product message out to us. You could set up a rule in your email program that will automatically delete mail from your own address. The problem with doing this of course is if, alas, you do sometimes talk to yourself. I have, on occasion, sent myself reminders by email (sort of like sticking a post-it note in my Inbox), and if that email is automatically deleted or sent to a Trash folder, I won't remember to retrieve it. (After all, if I could remember to retrieve it I could probably remember the thing I'm emailing myself to remember in the first place!)



The good news is that you are likely the only one getting these emails. Others are probably getting the same email, but from their own email address. This is a relatively new spamming technique, called "From Spoofing" that involves putting the same address that appears in the "To:" line into the "From:" line of an email. Why bother? Because often companies will whitelist their own email domains, so if the spammers can use that domain they are sure to get past the spam filters. Clever, isn't it? Fortunately, the nuisance factor far exceeds any danger factor.

If you think what you have is not as benign as From Spoofing, you should take appropriate steps to ensure you do not have an email virus (always run up-to-date anti-virus software) or change your password if you think your email account has been compromised.