When you encounter the "MySQL Workbench has stopped working" error on Windows 7, it can be due to various reasons. Here are some common troubleshooting steps to help you resolve this issue:

**1. Ensure System Requirements are Met:**

* Verify that your system meets the minimum requirements for running MySQL Workbench. Windows 7 should have the latest service packs and updates installed.

**2. Run MySQL Workbench as Administrator:**

* Right-click the MySQL Workbench shortcut and select "Run as administrator".

**3. Update MySQL Workbench:**

* Ensure you have the latest version of MySQL Workbench installed. If not, download and install the latest version from the MySQL Workbench download page.

**4. Check Compatibility Settings:**

* Right-click on the MySQL Workbench executable file.
* Go to "Properties" > "Compatibility" tab.
* Check "Run this program in compatibility mode for:" and select "Windows 7".
* Check "Run this program as an administrator".
* Click "Apply" and "OK".

**5. Check for Conflicting Software:**

* Ensure no other software is conflicting with MySQL Workbench. This can include other database management tools or antivirus programs.

**6. Check Event Viewer for Errors:**

* Open Event Viewer (**Control Panel > Administrative Tools > Event Viewer**).
* Look under "Windows Logs" > "Application" for any error messages related to MySQL Workbench. This can provide more specific details on what might be causing the crash.

**7. Reinstall MySQL Workbench:**

* Uninstall MySQL Workbench via **Control Panel > Programs and Features**.
* Restart your computer.
* Download the latest version from the MySQL Workbench download page and reinstall.

**8. Update Graphics Drivers:**

* Ensure your graphics drivers are up to date. MySQL Workbench uses OpenGL for rendering, and outdated or incompatible graphics drivers can cause it to crash.

**9. Check MySQL Workbench Logs:**

* MySQL Workbench logs can provide insight into what might be causing the crash.
* Logs can be found in the following directory: **C:\Users\<Your Username>\AppData\Roaming\MySQL\Workbench\log**.

**10. Increase Virtual Memory:**

* Sometimes increasing the virtual memory can resolve such issues.
* Go to **Control Panel > System > Advanced system settings > Performance (Settings) > Advanced > Virtual memory (Change)**.
* Increase the paging file size.