for (int x = 0; x < listBox7.Items.Count; x++)

{

if (listBox7.GetSelected(x))

{

string item = listBox7.Items[x].ToString();

int pos1 = item.IndexOf(" ");

string valor = item.Substring(0, pos1);

// Move to another listbox

listBox4.Items.Add(item);

// remove each itme

// listBox7.Items.RemoveAt(x);

string sql = "insert into tuRelatedDocs (PrimaryDoc, RelatedDoc) -

values ( " + Variables.DocNumber + "," + valor + " ) ";

UpdateDataBase(sql);

}

}

// or remove ALL SELECTED

listBox7.ClearSelected();