> **YOU & MATHS** **Become aware of your process** Solve the following equation and write down each move you make during the process. Explain why your moves are correct.
>
> $3x + 7 = x - 1$

One way to solve the equation is to use the first principle and subtract x from each side, which gives

$2x + 7 = -1$.

Then you can use the first principle again and subtract 7 from both terms, to get

$2x = -1 - 7$.

Finally, using the second principle you can divide both terms by 2 and get

$x = -4$.