We can add and subtract these by moving along a number line:

\[ -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 \]

Examples:

1. \(-3 + 8 - 6 = -1\)
   (start at \(-3\), move 8 to the right, then 6 to the left)

2. \(-4 - 2 = -6\)

3. \(-5 + 3 = -2\)

If we have two signs next to each other, we can replace them with one sign as follows:

\[
\begin{array}{c|c}
+ & + \\
+ & - \\
- & + \\
- & - \\
\end{array}
\]

More examples:

4. \(-3 + -5 = -3 - 5 = -8\)

5. \(-3 + -5 = 3 + 5 = 8\)

6. \(-3 + -5 = -3 + 5 = 2\)

7. \(-5 + -3 = -5 + 3 = -2\)

8. \(-5 + -3 = -5 - 3 = -8\)