Example code:

```
int X = 1;

for (X = 1; X=<10;X++){

}
```

Explanation:

In this segment, I define the integer X as 1, this is just to give X a value as to avoid errors. In the “for” loop, X is redefined as 1, and it is stated that for as long as X is equal to or less than 10, X shall have 1 added to its value for every tike the loop repeats. The second statement of the loop prevents exponential growth for it places a limit on the value, or rather the growth of

In the course of using “for” loops, I have accidentally attempted to use them as they are in python. For instance, “for each in…” rather than “for ([thing]:[list])”. This is resolved by noticing that tendency of mine.