```
public int countElements(int[] arr) {
    List<int> lookup = new List<int>();
    int count =0;

    //Get Items in array to list
    foreach(int i in arr)
    {
        lookup.add(i);
    }

    //Check each if items ++ in List
    foreach(int i in arr){
        if(lookup.Contains(i+1)){
            count++;
        }
    }

    return count;
}
```