```cpp
 1 #include <iostream>
 2 #include <string>
 3 #include <list>
 4
 5 using namespace std;
 6
 7 template <typename T>
 8 void mostrar_lista(const list<T> &l)
 9 {
10     typename list<T>::const_iterator p;
11     for (p = l.begin(); p != l.end(); p++)
12     {
13         cout << *p << " ";
14     }
15     cout << endl;
16 }
17
18 void insertar_x_1(list<int> &l, const int & x)
19 {
20     list<int>::iterator p;
21     for(p=l.begin();p!= l.end();p++)
22     {
23         if(*p==x)
24         {
25             p++;
26             l.insert(p,1,x-1);
27             p--;
28         }
29     }
30 }
31
32 int main()
33 {
34     list<int> aux;
35     aux.push_back(2);
36     aux.push_back(1);
37     aux.push_back(8);
38     aux.push_back(1);
39     aux.push_back(1);
40     aux.push_back(8);
41     aux.push_back(8);
42     mostrar_lista(aux);
43     insertar_x_1(aux,8);
44     mostrar_lista(aux);
45 }
```