

In [1]:

```
a = [1,1,1,1,2,2,3,3,5,5,6,6,7,7]
b = []
for i in a:
    if i not in b:
        b.append(i)
for i in b:
    print(i, 'is repeated', a.count(i))
```

```
1 is repeated 4
2 is repeated 2
3 is repeated 2
5 is repeated 2
6 is repeated 2
7 is repeated 2
```

In []: