

Ask for user input number

Set counter to 1

If input is 1

Print out 1 as the answer

Else

While triangular number of the counter is smaller than input

Counter add by 1

If triangular number of the counter equals to input

Print out the answer

Else

Have the triangular number of current counter subtract by the counter
and save as prior triangular number

Print out the both prior and current triangular number.