Write a recursive method that finds the sum of the digits of an integer, based upon the following guidelines:

- If x is 234, the function should return 2 + 3 + 4, that is, 9.
- If x is 12, the function should return 1 + 2, which is 3.
- If x is negative, ignore the minus sign. For example, -12 and 12 both return 3.