```cpp
#include <iostream>
using namespace std;

int getListOfCommon(int list1[], int p, int list2[], int q, int out[], int outcap)
{
    int i = 0; int j = 0; int k = 0;
    while (i < p && j < q)
    {
        if (k >= outcap) return k;
        if (list1[i] == list2[j])
        {
            if (k < outcap)
            {
                out[k] = list1[i];
                i++; j++; k++;
            }
            else return k;
        }
        if (list1[i] < list2[j]) i++;
        if (list2[j] < list1[i]) j++;
    }
    return k;
}

void printList(int list[], int len)
{
    for (int i = 0; i < len; i++)
    {
        cout << list[i] << endl;
    }
}

int main()
{
    int outcap = 4;
    int out[outcap];
    int list1[] = {1,5,7,9,12}; int p = 5;
    int list2[] = {1,3,4,5,6,7,8}; int q = 7;
    int size = getListOfCommon(list1, p, list2, q, out, outcap);
    printList(out, size);

    return 0;
}
```