$$X_{+} = X + t$$
 $X_{-} = X - t$ E $X = \frac{X_{+} + X_{-}}{2}$ $t = \frac{X_{-} - X_{-}}{2}$

Anschaulich: $X_{-} = X - t$ E $X_{+} = X_{+} + X_{-} + X_$