

# ABSOLUTE VALUE & INTEGERS

## Reference Guide & Quick Chart

**Definition:** The **Absolute Value** of a number is its distance from zero on a number line, regardless of direction. It is always expressed as a non-negative value.

**Notation:**  $|x|$

Integer (n)	Absolute Value $ n $	Opposite (-n)
-15	15	15
-7	7	7
0	0	0
4	4	-4
12	12	-12

### Key Rules:

- If  $x$  is positive,  $|x| = x$
- If  $x$  is negative,  $|x| = -x$  (remove the negative sign)
- Distance is never negative.