

$$\begin{aligned}
 P &= x^2 - 3x(x+1) - 2x - 8 \\
 P &= x^2 + (-3+1-2)x + 1-8 \\
 P &= x^2 - 4x - 7
 \end{aligned}$$

$$\begin{aligned}
 L &= 2x(x-1) + x^2 - 3 \\
 L &= 1x^2 + 2x \times x + 2x \times -1 - 3 \\
 L &= 1x^2 + 2x^2 - 2x - 3 \\
 L &= 3x^2 - 2x - 3
 \end{aligned}$$