2(4+y-z)+3y-5z=-11

8+2y-2z+3y-5z=-11

5y-7z=-19 $\rightarrow y=\frac{7z-19}{5}$

3(4+y-z)-2$ \left(\frac{7z-19}{5}\right)$**+z+7**

12+3y-3z+$ \frac{38-14z}{5}$ +z=7

12+ $\frac{21z-57}{5}$ -3z+$\frac{38-14z}{5}$ +z=7

60+21z-57-15z+38-14z=5z=35

-3z=35-41$\rightarrow $ z= $\frac{-6}{-3}$ $\rightarrow $ **z=2**

Y=$ \frac{-7.2-19}{5}\rightarrow y=-1$

X=4=(-1)-2$ \rightarrow $**x=1**