Add the first two equations to eliminate z: 2x + y = 10

Add the third equation, 2x - y = 2, to this: 4x = 12

Solve for x: x = 3

Substitute into the third equation: 2(3) - y = 2, or 6 - y = 2, so y = 4

Substitute into the second equation: 3 + z = 4, so z = 1