

You probably substituted $\frac{7}{4}$ for b and 1 for c in the Quadratic Formula. The first step is to add x to both sides:

$$x^2 + x + \frac{7}{4} = 0$$

Now substitute $a = 1$, $b = 1$, and $c = \frac{7}{4}$ into $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$