```python
# Euler Iteration der DGL d^2x/dt^2 = f(x, dx/dt, t)

from math import *


def f(x,v,t):
    return -4*x - 4*v*abs(v)


t = 0   # Anfangszeit
dt = 0.01
x = 1   # Anfangswert
v = 0   # Anfangsgeschwindigkeit


while( t<20 ):
    v = v + f(x,v,t)*dt
    x = x + v*dt
    t = t + dt
    print( t, x, v)
```