

$$\begin{aligned}
& (\lambda f . \lambda x . f (f \ x) ) (\lambda z . x+z) 2 = \\
& (\lambda f . \lambda a . f (f \ a) ) (\lambda z . x+z) 2 \rightarrow \text{(rename x)} \\
& ( [ (\lambda z . x+z) / f ] \lambda a . f (f \ a) ) 2 = \text{(reduce f)} \\
& (\lambda a . (\lambda z . x+z) ( (\lambda z . x+z) a ) ) 2 = \text{(substitution)} \\
& (\lambda a . (\lambda b . x+b) ( (\lambda z . x+z) a ) ) 2 \rightarrow \text{(rename z)} \\
& (\lambda a . (\lambda b . x+b) ( [ a / z ] (x+z) ) ) 2 = \text{(reduce z)} \\
& (\lambda a . (\lambda b . x+b) (x+a) ) 2 \rightarrow \text{(substitution)} \\
& (\lambda a . [ (x+a) / b ] (x+b) ) 2 = \text{(reduce b)} \\
& (\lambda a . x + (x+a) ) 2 \rightarrow \text{(substitution)} \\
& [ 2 / a ] (x + (x+a) ) = \text{(reduce a)} \\
& x+x+2 \text{(substitution)}
\end{aligned}$$