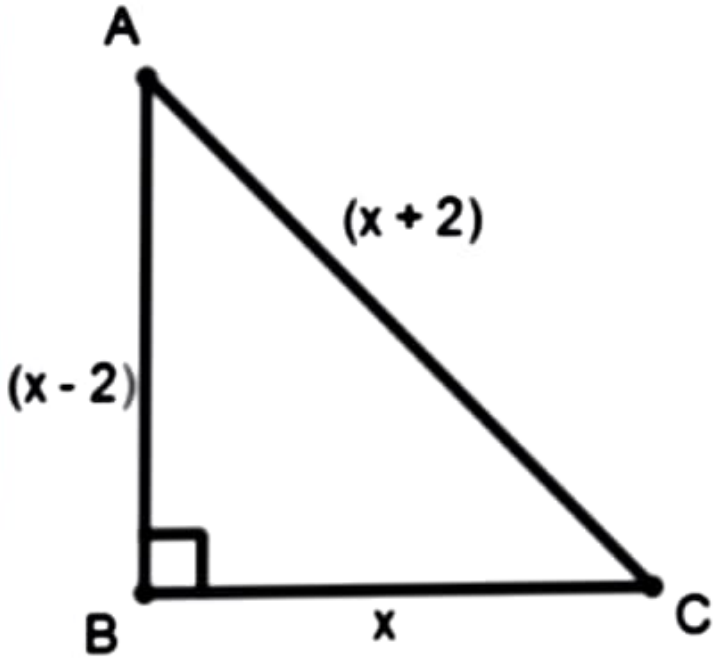
According to question,
ABC is a right angle triangle



∴ Apply Pythagoras theorem

$AC^2 = AB^2 + BC^2$

$(x + 2)^2 = (x - 2)^2 + x^2$

$x^2 + 4 + 4x = x^2 + 4 - 4x + x^2$

$x^2 = 8x$

$x = 8$

Alternate : From option approach

$$\begin{array}{ccc} (x-2) & x & (x+2) \\ \downarrow & \downarrow & \downarrow \\ 6 & 8 & 10 \end{array}$$

$$\downarrow$$

$$\text{Triplet}$$

$$x = 8$$