Example Paragraph

 Alliances were a main cause of WWI. According to document #7 “the rise of Germany, whose supremacy France dreaded and whose navy menaced England, had created among (England and France) an alliance which claimed was defensive in nature.” This shows that France and Germany formed an alliance to strengthen each other against Germany. When war did break out the alliances caused more and more countries to be drawn in.

You do not have to quote the document you can just summarize what it is saying or refer to it.