$$E_{x,x} = l^2 V_{pp\sigma} + \left(1 - l^2\right) V_{pp\pi}$$

$$E_{x,y} = lm(V_{pp\sigma} - V_{pp\pi})$$

$$E_{x,3z^2-r^2} = l\left(n^2 - \frac{1}{2}\left(l^2 + m^2\right)\right) V_{pd\sigma} - \sqrt{3} l n^2 V_{pd\pi}$$

$$E_{y,3z^2-r^2} = m\left(n^2 - \frac{1}{2}\left(l^2 + m^2\right)\right) V_{pd\sigma} - \sqrt{3} m n^2 V_{pd\pi}$$

$$E_{z,3z^2-r^2} = n\left(n^2 - \frac{1}{2}\left(l^2 + m^2\right)\right) V_{pd\sigma} + \sqrt{3} n \left(l^2 + m^2\right) V_{pd\pi}$$