Let $\psi(x,y)$ be the wave function of two electrons in a one dimensional box of length L.

$$\psi(x,y) = \frac{1}{\sqrt{2}} (\phi_1(x)\phi_2(y) - \phi_1(y)\phi_2(x))$$

$$\phi_n(x) = \sqrt{\frac{2}{L}} \sin\left(\frac{n\pi x}{L}\right)$$

Wave function $\psi(x,y)$ is antisymmetric with respect to interchange of electron coordinates.

$$\psi(x,y) = -\psi(y,x)$$

For $L = 10^{-9}$ meter the expected potential energy is

$$V = \frac{e^2}{4\pi\epsilon_0} \int_0^L \int_0^L \frac{\psi^*(x,y)\psi(x,y)}{|x-y|} dx dy = 4.67 \,\text{eV}$$

Next calculate the potential energy for a wave function that is symmetric.

$$V_s = \frac{e^2}{4\pi\epsilon_0} \int_0^L \int_0^L \frac{\phi_1^*(x)\phi_2^*(y)\phi_1(x)\phi_2(y)}{|x-y|} dx dy = 12.80 \,\text{eV}$$

The difference is the exchange energy.

$$V_{ex} = V - V_s = -8.13 \,\text{eV}$$

Note that the formula for V_s has a singularity at x = y. The computed value shown above is the result of an arbitrary cutoff in numerical integration. The actual value of V_s goes to infinity.

Note also that there is a singularity at x = y in the formula for V. However, due to antisymmetry we have $\psi(x, x) = 0$ and hence the integral converges.