

$B = 0$

$B \neq 0$

m

$J = 2$

+2

+1

0

-1

-2

$J = 1$

+1

0

-1

σ

σ

σ

π

π

π

σ

σ

σ

$\Delta m = -1$

$\Delta m = 0$

$\Delta m = +1$