



$$|\beta\rangle = |h_{9/2} \otimes 3^-(^{208}\text{Pb}); 3/2^+\rangle \equiv |\uparrow \tilde{\rangle}$$

$$|\alpha\rangle = |d_{3/2}^{-1} \otimes gs(^{210}\text{Pb}); 3/2^+\rangle \equiv |\downarrow \parallel \rangle$$