$|J = 3/2, m_J = -3/2\rangle$ $|J = 3/2, m_J = -1/2\rangle$ $|J = 3/2, m_J = 1/2\rangle$ $|J = 3/2, m_J = 3/2\rangle$

σ_- 1 σ_- $\frac{1}{\sqrt{3}}$ $\frac{1}{\sqrt{3}}$ σ_+ 1 σ_+

$|J = 1/2, m_J = -1/2\rangle$ $|J = 1/2, m_J = 1/2\rangle$