FM: $E\left(\begin{smallmatrix} & \uparrow & \\ \uparrow & \!\!-\!\!-\!\! & \uparrow \end{smallmatrix}\right) < E\left(\begin{smallmatrix} & \uparrow & \\ \textcolor{red}{\downarrow} & \!\!-\!\!-\!\! & \uparrow \end{smallmatrix}\right)$

AFM: $E\left(\begin{smallmatrix} & \uparrow & \\ \textcolor{red}{\downarrow} & \!\!-\!\!-\!\! & \uparrow \end{smallmatrix}\right) = E\left(\begin{smallmatrix} & \uparrow & \\ \uparrow & \!\!-\!\!-\!\! & \textcolor{red}{\downarrow} \end{smallmatrix}\right) = \cdots$