

$$\begin{array}{c}
 \uparrow \uparrow \\
 p \quad p \\
 \uparrow \downarrow + \downarrow \uparrow \\
 \hline
 \end{array}$$

$$S=1, \quad m_s = +1 \quad [= S_3] \\
 (I=1, \quad I_3 = +1)$$

$$\begin{array}{c}
 \uparrow \downarrow - \downarrow \uparrow \\
 \hline
 \end{array}$$

$$S=1, \quad m_s = 0 \\
 (I=1, \quad I_3 = 0)$$

$$\begin{array}{c}
 \downarrow \downarrow \\
 \hline
 \end{array}$$

$$S=0, \quad m_s = 0 \\
 (I=0, \quad I_3 = 0)$$

$$S=1, \quad m_s = -1 \quad [= S_3] \\
 (I=1, \quad I_3 = -1)$$

$$2 \times 2 = 3 + 1$$

