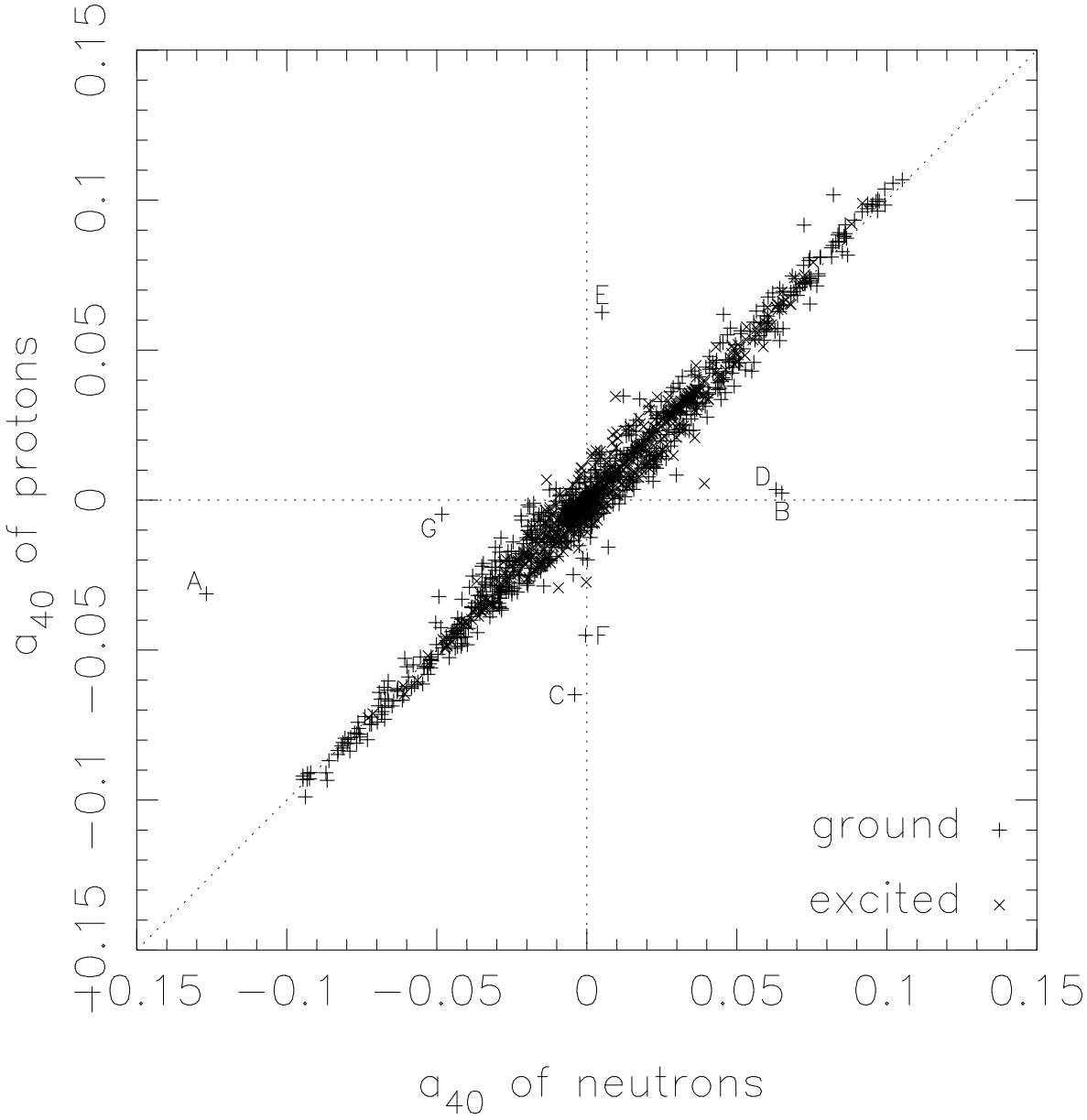
0.15
0.1
0.05
0
−0.05
−0.1
−0.15
−0.15
−0.1
−0.05
0
0.05
0.1
0.15
a_{40} of protons
a_{40} of neutrons
A
B
C
D
E
F
G
ground
excited