

Natural Minor Tension & Avoid note

Chord

Tension

Aeolian (Natural Minor scale)

R T9 $b3$ T11 P5 A^b6 $b7$ R

Am7 (**Im7**) T9 / T11

Locrian

R A^b2 $b3$ T11 $b5$ T^b13 $b7$ R

Bm7($b5$) (**IIIm7 $b5$**) T11 / T^b13

Ionian (Major scale)

R T9 M3 A4 P5 T13 M7 R

CMaj7 (**bIIIMaj7**) T9 / T13

Dorian

R T9 $b3$ T11 P5 A6 $b7$ R

Dm7 (**IVm7**) T9 / T11

Phrygian

R A^b2 $b3$ T11 P5 A^b6 $b7$ R

Em7 (**Vm7**) T11

Lydian

R T9 M3 $T\#11$ P5 T13 $b7$ R

FMaj7 (**bVIMaj7**) T9 / $T\#11$ / T13

Mixolydian

R T9 M3 A4 P5 T13 $b7$ R

G7 (**bVII7**) T9 / T13