

Natural Minor Tension & Avoid note

Chord

Tension

Aeolian (Natural Minor scale)

R T9 $\flat 3$ T11 P5 $A\flat 6$ $\flat 7$ R

Am7 (**Im7**) T9 / T11

Locrian

R $A\flat 2$ $\flat 3$ T11 $\flat 5$ $T\flat 13$ $\flat 7$ R

Bm7($\flat 5$) (**IIIm7 $\flat 5$**) T11 / $T\flat 13$

Ionian (Major scale)

R T9 M3 A4 P5 T13 M7 R

CMaj7 (**bIIIMaj7**) T9 / T13

Dorian

R T9 $\flat 3$ T11 P5 A6 $\flat 7$ R

Dm7 (**IVm7**) T9 / T11

Phrygian

R $A\flat 2$ $\flat 3$ T11 P5 $A\flat 6$ $\flat 7$ R

Em7 (**Vm7**) T11

Lydian

R T9 M3 $T\sharp 11$ P5 T13 $\flat 7$ R

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

Mixolydian

R T9 M3 A4 P5 T13 $\flat 7$ R

G7 (**bVII7**) T9 / T13