

Lorenz gauge solution in the frequency domain: Constrained EHS method, low-order and static modes

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In collaboration with Erik Forseth, Charles Evans, and Seth Hopper

Eccentric orbits on Schwarzschild: Previous work (partial list)

- Akcay 2011
Circular orbits, frequency domain
- Warburton, Akcay, Barack, Gair & Sago 2012
Eccentric orbits, FD, EHS, application to inspiral evolution
- Capra 15 talks: Warburton; Evans, Osburn & Forseth
- Capra 16 talks: Warburton; Hopper; Forseth & Osburn (update)
- Hopper & Evans 2013, 2010
Eccentric orbits, FD, RWZ gauge to Lorenz gauge
- Barack & Sago 2010
Eccentric orbits in LG, TD radiative modes, FD low order modes
- Sago, Barack & Detweiler 2009
Circular orbits, comparison between Lorenz and RW gauges
- Detweiler & Poisson 2003
Circular orbits, low order modes in Lorenz gauge
- Zerilli 1970

- Constrained equations for radiative modes
($l \geq 2, \omega \neq 0$)
- Homogeneous solutions of constrained equations
- Particular solution of constrained equations
(Extended homogeneous solutions)
- Static modes: constrained solution
($m = 0, n = 0 \Rightarrow \omega = 0$)
- Low-order modes: constrained solution
($l < 0, 1$)
- Calculation of the dissipative self-force and results

- Constrained equations for radiative modes
($l \geq 2, \omega \neq 0$)
- Homogeneous solutions of constrained equations
- Particular solution of constrained equations
(Extended homogeneous solutions)
- Static modes: constrained solution
($m = 0, n = 0 \Rightarrow \omega = 0$)
- Low-order modes: constrained solution
($l < 0, 1$)
- Calculation of the dissipative self-force and results

Lorenz gauge overview

- Lorenz gauge perturbation equation:

$$\square \bar{p}_{\mu\nu} + 2R_{\mu\alpha\nu\beta} \bar{p}^{\alpha\beta} = -16\pi T_{\mu\nu}$$

Lorenz gauge condition:

$$\nabla^\beta \bar{p}_{\alpha\beta} = 0$$

Lorenz gauge overview

- Lorenz gauge perturbation equation:

$$\square \bar{p}_{\mu\nu} + 2R_{\mu\alpha\nu\beta} \bar{p}^{\alpha\beta} = -16\pi T_{\mu\nu}$$

Lorenz gauge condition:

$$\nabla^\beta \bar{p}_{\alpha\beta} = 0$$

- Spherical harmonic decomposition (Martel & Poisson 2005 notation)

$$p_{\alpha\beta} = \sum_{l,m} \left(\begin{array}{ccc|ccc} h_{ab}^{lm} Y^{lm} & & & & & j_a^{lm} Y_B^{lm} + h_a^{lm} X_B^{lm} \\ - & - & + & - & - & - & - & - & - & - \\ & & * & & & & r^2 (K^{lm} \Omega_{AB} Y^{lm} + G^{lm} Y_{AB}^{lm}) + h_2^{lm} X_{AB}^{lm} & & & \end{array} \right)$$

Odd Parity

Even Parity

Harmonics: X_A^{lm}, X_{AB}^{lm}

$Y^{lm}, Y_A^{lm}, Y_{AB}^{lm}, \Omega_{AB} Y^{lm}$

Amplitudes: h_t, h_r, h_2

$h_{tt}, h_{tr}, h_{rr}, j_t, j_r, K, G$

Constrained odd-parity frequency-domain equations

- Three unconstrained odd-parity field equations and one Lorenz gauge condition ($l \geq 2$)

$$0 = f(l+2)(l-1)\tilde{h}_2 - 4f(r-M)\tilde{h}_r - 2fr^2\frac{d\tilde{h}_r}{dr_*} - 2i\omega r^2\tilde{h}_t,$$

$$f^2\tilde{P}^t = \frac{d^2\tilde{h}_t}{dr_*^2} - \frac{2M}{r^2}\frac{d\tilde{h}_t}{dr_*} + \left[\omega^2 - \frac{f}{r^2}\left(l(l+1) - \frac{4M}{r}\right)\right]\tilde{h}_t - \frac{2ifM\omega}{r^2}\tilde{h}_r,$$

$$-\tilde{P}^r = \frac{d^2\tilde{h}_r}{dr_*^2} + \frac{2M}{r^2}\frac{d\tilde{h}_r}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) + 4f)\right]\tilde{h}_r - \frac{2iM\omega}{fr^2}\tilde{h}_t + \frac{f(l+2)(l-1)}{r^3}\tilde{h}_2,$$

$$-2f\tilde{P} = \frac{d^2\tilde{h}_2}{dr_*^2} - \frac{2f}{r}\frac{d\tilde{h}_2}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) - 4f)\right]\tilde{h}_2 + \frac{4f^2}{r}\tilde{h}_r.$$

Constrained odd-parity frequency-domain equations

- Three unconstrained odd-parity field equations and one Lorenz gauge condition ($l \geq 2$)

$$0 = f(l+2)(l-1)\tilde{h}_2 - 4f(r-M)\tilde{h}_r - 2fr^2\frac{d\tilde{h}_r}{dr_*} - 2i\omega r^2\tilde{h}_t,$$

$$f^2\tilde{P}^t = \frac{d^2\tilde{h}_t}{dr_*^2} - \frac{2M}{r^2}\frac{d\tilde{h}_t}{dr_*} + \left[\omega^2 - \frac{f}{r^2}\left(l(l+1) - \frac{4M}{r}\right)\right]\tilde{h}_t - \frac{2ifM\omega}{r^2}\tilde{h}_r,$$

$$-\tilde{P}^r = \frac{d^2\tilde{h}_r}{dr_*^2} + \frac{2M}{r^2}\frac{d\tilde{h}_r}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) + 4f)\right]\tilde{h}_r - \frac{2iM\omega}{fr^2}\tilde{h}_t + \frac{f(l+2)(l-1)}{r^3}\tilde{h}_2,$$

$$-2f\tilde{P} = \frac{d^2\tilde{h}_2}{dr_*^2} - \frac{2f}{r}\frac{d\tilde{h}_2}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) - 4f)\right]\tilde{h}_2 + \frac{4f^2}{r}\tilde{h}_r.$$

- Solve the Lorenz gauge condition algebraically for \tilde{h}_2

$$\tilde{h}_2 = \frac{1}{(l+2)(l-1)} \left[4(r-M)\tilde{h}_r + 2r^2\frac{d\tilde{h}_r}{dr_*} + \frac{2i\omega r^2}{f}\tilde{h}_t \right],$$

Constrained odd-parity frequency-domain equations

- Three unconstrained odd-parity field equations and one Lorenz gauge condition ($l \geq 2$)

$$\begin{aligned}0 &= f(l+2)(l-1)\tilde{h}_2 - 4f(r-M)\tilde{h}_r - 2fr^2\frac{d\tilde{h}_r}{dr_*} - 2i\omega r^2\tilde{h}_t, \\ f^2\tilde{P}^t &= \frac{d^2\tilde{h}_t}{dr_*^2} - \frac{2M}{r^2}\frac{d\tilde{h}_t}{dr_*} + \left[\omega^2 - \frac{f}{r^2}\left(l(l+1) - \frac{4M}{r}\right)\right]\tilde{h}_t - \frac{2ifM\omega}{r^2}\tilde{h}_r, \\ -\tilde{P}^r &= \frac{d^2\tilde{h}_r}{dr_*^2} + \frac{2M}{r^2}\frac{d\tilde{h}_r}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) + 4f)\right]\tilde{h}_r - \frac{2iM\omega}{fr^2}\tilde{h}_t + \frac{f(l+2)(l-1)}{r^3}\tilde{h}_2, \\ -2f\tilde{P} &= \frac{d^2\tilde{h}_2}{dr_*^2} - \frac{2f}{r}\frac{d\tilde{h}_2}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1) - 4f)\right]\tilde{h}_2 + \frac{4f^2}{r}\tilde{h}_r.\end{aligned}$$

- Solve the Lorenz gauge condition algebraically for \tilde{h}_2

$$\tilde{h}_2 = \frac{1}{(l+2)(l-1)} \left[4(r-M)\tilde{h}_r + 2r^2\frac{d\tilde{h}_r}{dr_*} + \frac{2i\omega r^2}{f}\tilde{h}_t \right],$$

- Decouple \tilde{h}_2 from the field equations, which reduces the system to fourth order

$$\begin{aligned}f^2\tilde{P}^t &= \frac{d^2\tilde{h}_t}{dr_*^2} - \frac{2M}{r^2}\frac{d\tilde{h}_t}{dr_*} + \left[\omega^2 - \frac{f}{r^2}\left(l(l+1) - \frac{4M}{r}\right)\right]\tilde{h}_t - \frac{2ifM\omega}{r^2}\tilde{h}_r, \\ -\tilde{P}^r &= \frac{d^2\tilde{h}_r}{dr_*^2} + \frac{2(r-M)}{r^2}\frac{d\tilde{h}_r}{dr_*} + \left[\omega^2 - \frac{f}{r^2}\left(l(l+1) - \frac{4M}{r}\right)\right]\tilde{h}_r + \frac{2i\omega(r-3M)}{fr^2}\tilde{h}_t.\end{aligned}$$

Even-parity frequency-domain equations

$$\bar{j}_t = \frac{1}{l(l+1)} \left[\frac{i\omega f r^2}{2} \bar{h}_{rrr} + 2(r-M)\bar{h}_{tr} + \frac{i\omega r^2}{2f} \bar{h}_{tt} + i\omega r^2 \bar{K} + r^2 \frac{d\bar{h}_{tr}}{dr_*} \right],$$

$$\bar{j}_r = \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{rr} + \frac{i\omega r^2}{f} \bar{h}_{tr} - 2r\bar{K} + \frac{r^2}{2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\bar{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\bar{K}}{dr_*} \right],$$

$$\bar{G} = \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \bar{h}_{tt} - f\bar{h}_{rr} + \frac{2i\omega}{f} \bar{j}_t + \frac{4(r-M)}{r^2} \bar{j}_r + 2 \frac{d\bar{j}_r}{dr_*} \right],$$

$$-f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right] \bar{h}_{tt} \\ + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rrr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$2f\bar{Q}^{tr} = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left[\omega^2 + \frac{2(2M^2-r^2)}{r^4} - \frac{f}{r^2} (l(l+1)-4) \right] \bar{h}_{tr} \\ + \frac{i\omega(r-4M)}{fr^2} \bar{h}_{tt} + \frac{i\omega f(r-4M)}{r^2} \bar{h}_{rrr} + \frac{2i\omega f}{r} \bar{K},$$

$$-\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2} (l(l+1)-4) \right] \bar{h}_{rr} \\ + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt} + \frac{4i\omega(r-3M)}{fr^2} \bar{h}_{tr} - \frac{4(r-M)}{r^3} \bar{K},$$

$$-f^2\bar{Q}^{tt} + \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left[\omega^2 - \frac{f}{r^2} (l(l+1)-2) \right] \bar{K} \\ + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2i\omega f}{r} \bar{h}_{tr} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rrr},$$

Even-parity frequency-domain equations

- Seven even-parity unconstrained equations, three LG conditions ($l \geq 2$)
-
-

$$\begin{aligned}
 -f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} &= \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}l(l+1) \right] \bar{h}_{tt} \\
 &\quad + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K}, \\
 2f\bar{Q}^{tr} &= \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left[\omega^2 + \frac{2(2M^2-r^2)}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{tr} \\
 &\quad + \frac{i\omega(r-4M)}{fr^2} \bar{h}_{tt} + \frac{i\omega f(r-4M)}{r^2} \bar{h}_{rr} + \frac{2i\omega f}{r} \bar{K}, \\
 -\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} &= \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{rr} \\
 &\quad + \frac{2M(3M-2r)}{f^2r^4} \bar{h}_{tt} + \frac{4i\omega(r-3M)}{fr^2} \bar{h}_{tr} - \frac{4(r-M)}{r^3} \bar{K}, \\
 -f^2\bar{Q}^{tt} + \bar{Q}^{rr} &= \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1)-2) \right] \bar{K} \\
 &\quad + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2i\omega f}{r} \bar{h}_{tr} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rr},
 \end{aligned}$$

Even-parity frequency-domain equations

- Seven even-parity unconstrained equations, three LG conditions ($l \geq 2$)
- Use gauge conditions to reduce the order of the system
-

$$\begin{aligned}
 -f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} &= \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}l(l+1) \right] \bar{h}_{tt} \\
 &\quad + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K}, \\
 2f\bar{Q}^{tr} &= \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left[\omega^2 + \frac{2(2M^2-r^2)}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{tr} \\
 &\quad + \frac{i\omega(r-4M)}{fr^2} \bar{h}_{tt} + \frac{i\omega f(r-4M)}{r^2} \bar{h}_{rr} + \frac{2i\omega f}{r} \bar{K}, \\
 -\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} &= \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{rr} \\
 &\quad + \frac{2M(3M-2r)}{f^2r^4} \bar{h}_{tt} + \frac{4i\omega(r-3M)}{fr^2} \bar{h}_{tr} - \frac{4(r-M)}{r^3} \bar{K}, \\
 -f^2\bar{Q}^{tt} + \bar{Q}^{rr} &= \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1)-2) \right] \bar{K} \\
 &\quad + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2i\omega f}{r} \bar{h}_{tr} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rr},
 \end{aligned}$$

Even-parity frequency-domain equations

- Seven even-parity unconstrained equations, three LG conditions ($l \geq 2$)
- Use gauge conditions to reduce the order of the system
- Four constrained second-order equations

$$\begin{aligned}
 -f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} &= \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}l(l+1) \right] \bar{h}_{tt} \\
 &\quad + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rrr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K}, \\
 2f\bar{Q}^{tr} &= \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left[\omega^2 + \frac{2(2M^2-r^2)}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{tr} \\
 &\quad + \frac{i\omega(r-4M)}{fr^2} \bar{h}_{tt} + \frac{i\omega f(r-4M)}{r^2} \bar{h}_{rrr} + \frac{2i\omega f}{r} \bar{K}, \\
 -\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} &= \frac{d^2\bar{h}_{rrr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rrr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2}(l(l+1)-4) \right] \bar{h}_{rrr} \\
 &\quad + \frac{2M(3M-2r)}{f^2r^4} \bar{h}_{tt} + \frac{4i\omega(r-3M)}{fr^2} \bar{h}_{tr} - \frac{4(r-M)}{r^3} \bar{K}, \\
 -f^2\bar{Q}^{tt} + \bar{Q}^{rr} &= \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rrr}}{dr_*} + \left[\omega^2 - \frac{f}{r^2}(l(l+1)-2) \right] \bar{K} \\
 &\quad + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2i\omega f}{r} \bar{h}_{tr} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rrr},
 \end{aligned}$$

Even-parity frequency-domain equations

$$\bar{j}_t = \frac{1}{l(l+1)} \left[\frac{i\omega f r^2}{2} \bar{h}_{rrr} + 2(r-M)\bar{h}_{tr} + \frac{i\omega r^2}{2f} \bar{h}_{tt} + i\omega r^2 \bar{K} + r^2 \frac{d\bar{h}_{tr}}{dr_*} \right],$$

$$\bar{j}_r = \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{rr} + \frac{i\omega r^2}{f} \bar{h}_{tr} - 2r\bar{K} + \frac{r^2}{2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\bar{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\bar{K}}{dr_*} \right],$$

$$\bar{G} = \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \bar{h}_{tt} - f\bar{h}_{rr} + \frac{2i\omega}{f} \bar{j}_t + \frac{4(r-M)}{r^2} \bar{j}_r + 2 \frac{d\bar{j}_r}{dr_*} \right],$$

$$-f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left[\omega^2 + \frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right] \bar{h}_{tt} \\ + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rrr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K},$$

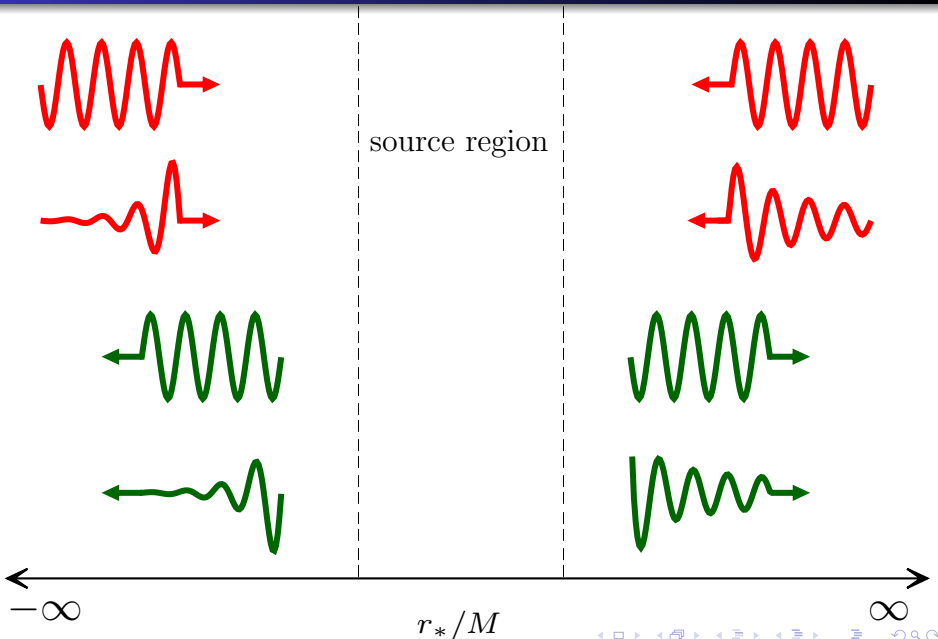
$$2f\bar{Q}^{tr} = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left[\omega^2 + \frac{2(2M^2-r^2)}{r^4} - \frac{f}{r^2} (l(l+1)-4) \right] \bar{h}_{tr} \\ + \frac{i\omega(r-4M)}{fr^2} \bar{h}_{tt} + \frac{i\omega f(r-4M)}{r^2} \bar{h}_{rrr} + \frac{2i\omega f}{r} \bar{K},$$

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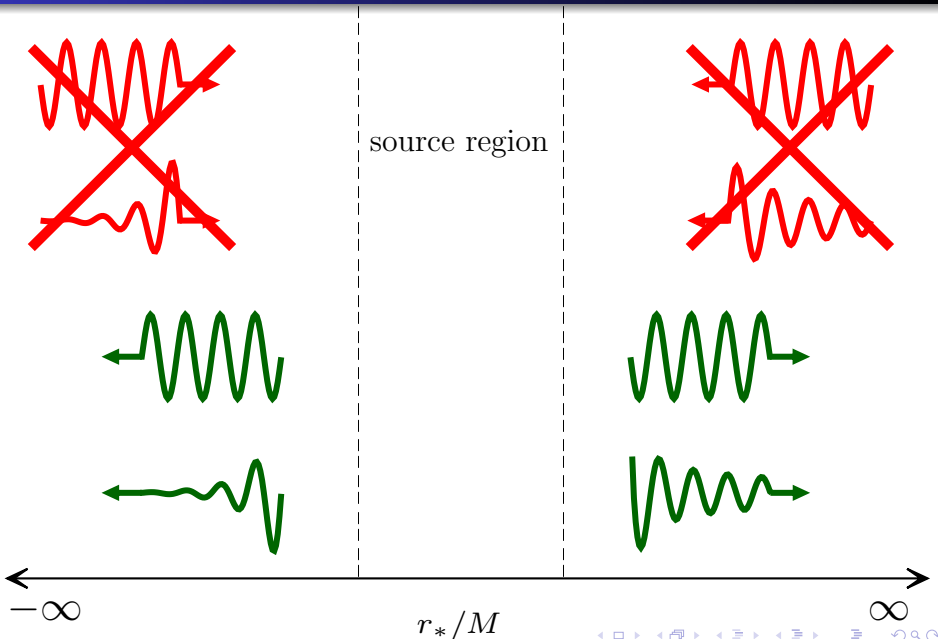
$$-f^2\bar{Q}^{tt} + \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left[\omega^2 - \frac{f}{r^2} (l(l+1)-2) \right] \bar{K} \\ + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2i\omega f}{r} \bar{h}_{tr} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rrr},$$

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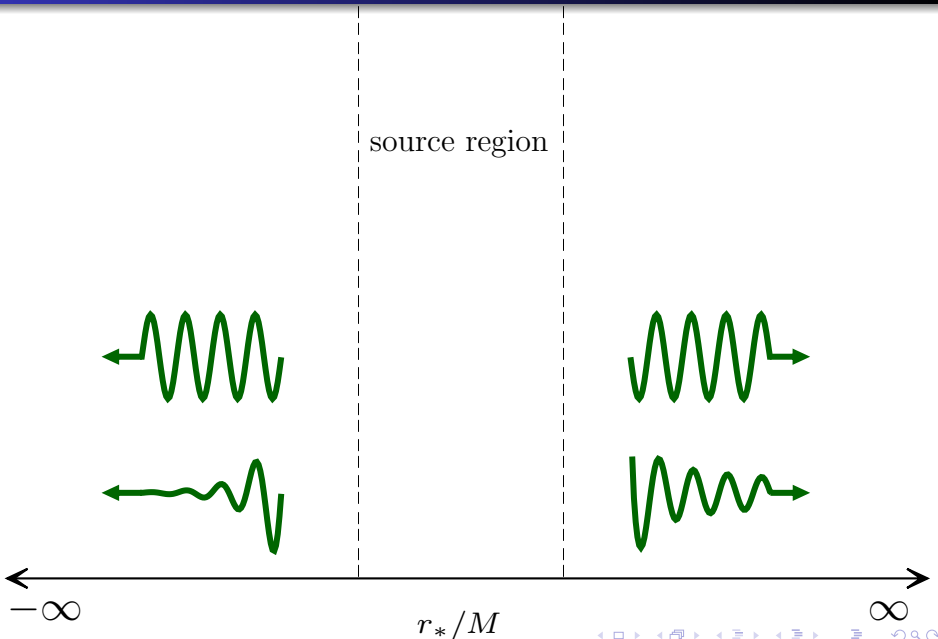
Causality of odd-parity constrained solutions



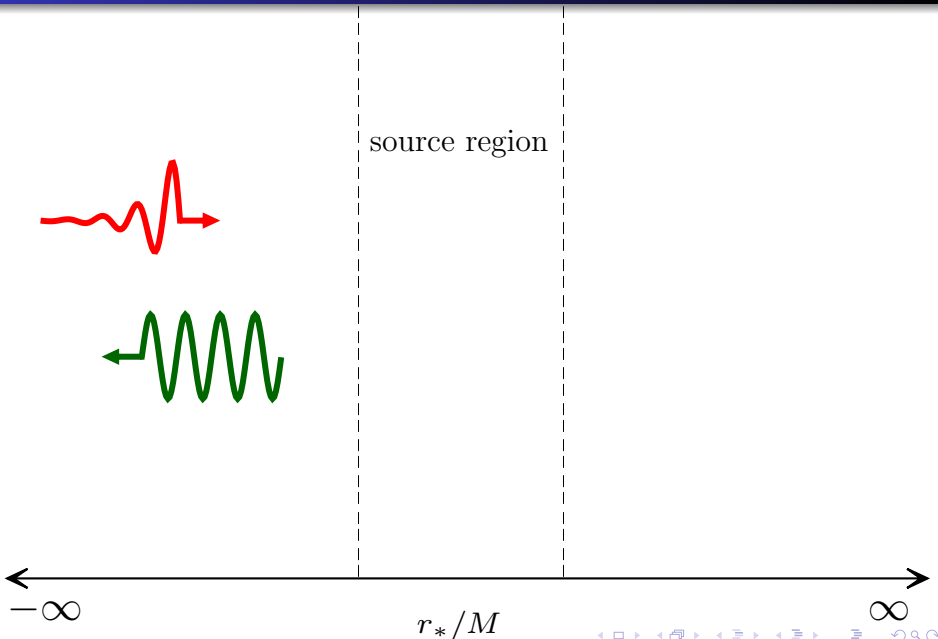
Causality of odd-parity constrained solutions



Causality of odd-parity constrained solutions

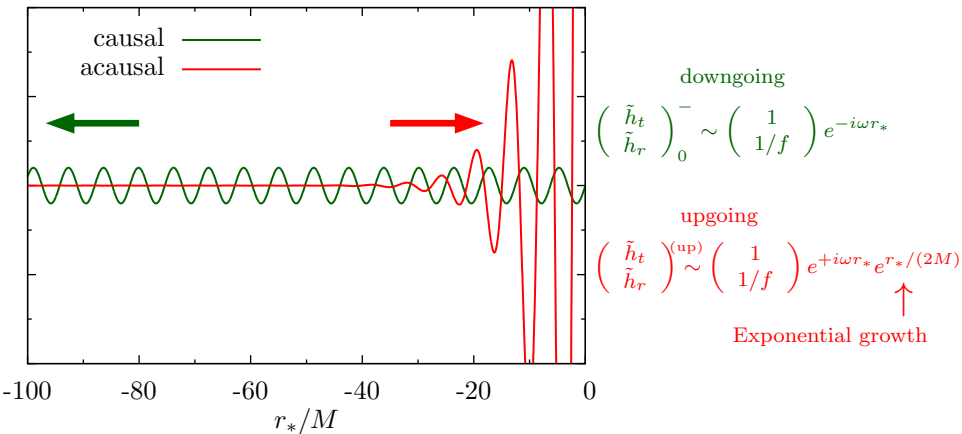


Causality of odd-parity constrained solutions



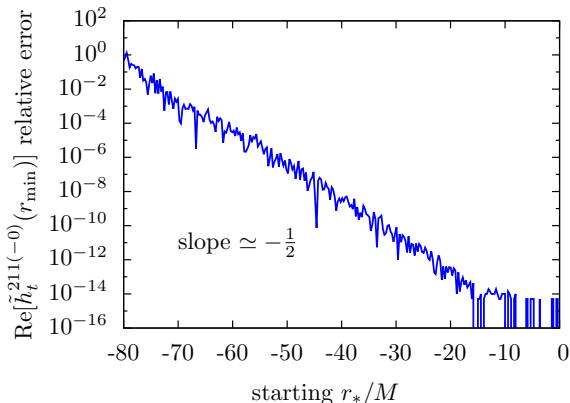
Near-horizon acausal growth

- One of the acausal homogeneous solutions we wish to avoid grows exponentially in the direction of integration.
- Roundoff error excites this unwanted solution.



Solution of near-horizon acausal growth problem

- Give initial conditions well away from horizon to avoid exponential growth
- The causal solution can still be accurately calculated in this region with Taylor series

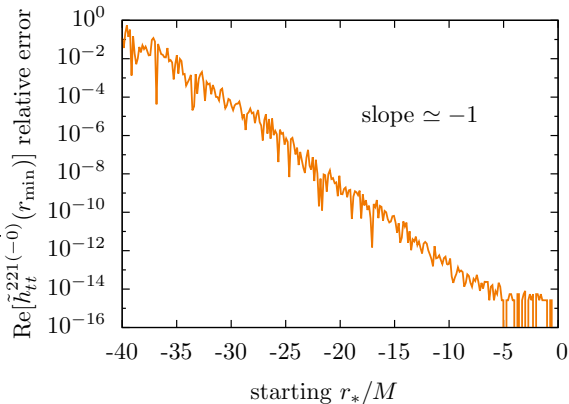
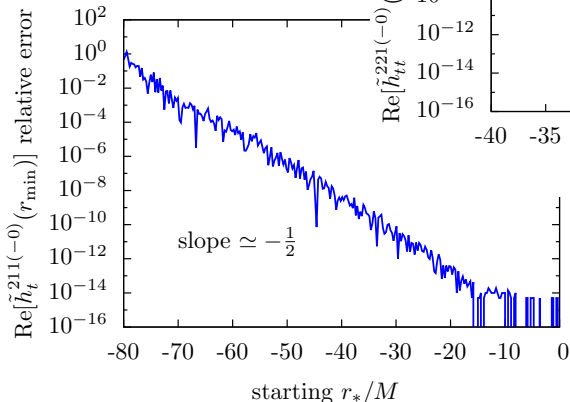


$$e = 0.764124$$

$$p = 8.75455$$

Solution of near-horizon acausal growth problem

- Give initial conditions well away from horizon to avoid exponential growth
- The causal solution can still be accurately calculated in this region with Taylor series



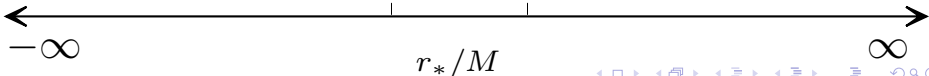
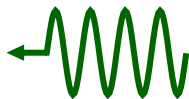
$$e = 0.764124$$

$$p = 8.75455$$

Causality of odd-parity constrained solutions

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_{0,1}^- = e^{-i\omega r_*} \sum_{k=0}^{\infty} \begin{pmatrix} a_k^{(t)} \\ a_k^{(r)}/f \end{pmatrix}_{0,1} f^k$$

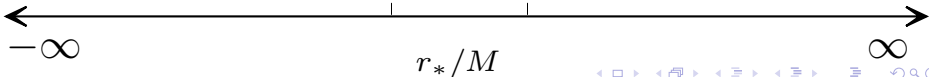
source
region



Causality of odd-parity constrained solutions

source
region

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_{0,1}^+ \simeq e^{+i\omega r_*} \sum_{k=0}^{k_{\max}} \begin{pmatrix} b_k^{(t)} \\ b_k^{(r)} \end{pmatrix}_{0,1} \frac{1}{r^k}$$

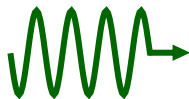


Causality of odd-parity constrained solutions

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_{0,1}^- = e^{-i\omega r_*} \sum_{k=0}^{\infty} \begin{pmatrix} a_k^{(t)} \\ a_k^{(r)}/f \end{pmatrix}_{0,1} f^k$$

source
region

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_{0,1}^+ \simeq e^{+i\omega r_*} \sum_{k=0}^{k_{\max}} \begin{pmatrix} b_k^{(t)} \\ b_k^{(r)} \end{pmatrix}_{0,1} \frac{1}{r^k}$$



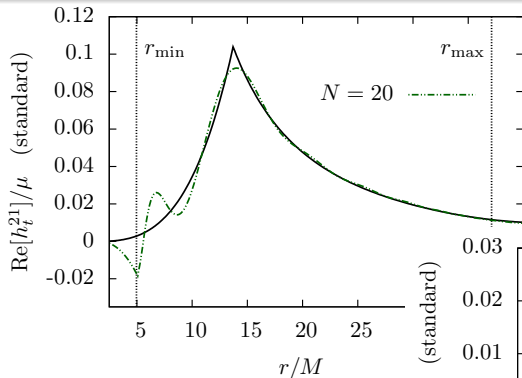
$-\infty$

r_*/M

∞

- Constrained equations for radiative modes
($l \geq 2, \omega \neq 0$)
- Homogeneous solutions of constrained equations
- Particular solution of constrained equations
(Extended homogeneous solutions)
- Static modes: constrained solution
($m = 0, n = 0 \Rightarrow \omega = 0$)
- Low-order modes: constrained solution
($l < 0, 1$)
- Calculation of the dissipative self-force and results

Constrained system solution via variation of parameters



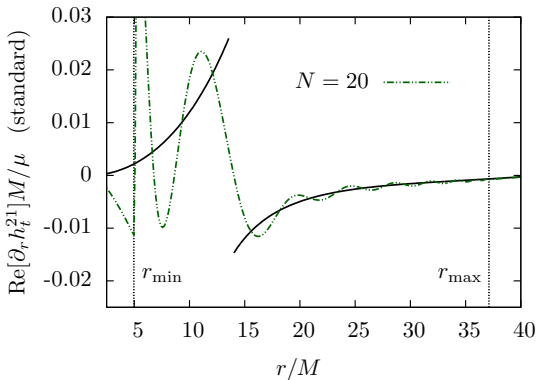
$$e = 0.764124$$

$$p = 8.75455$$

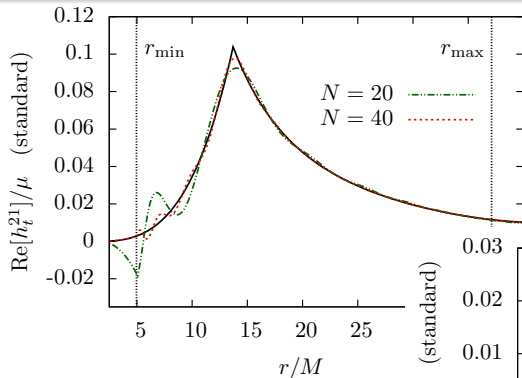
$$t = 80M$$

$$\omega_{mn} = n\Omega_r + m\Omega_\phi,$$

$$h_t^{lm}(t, r) = \lim_{N \rightarrow \infty} \sum_{n=-N}^N \tilde{h}_t^{lmn}(r) e^{-i\omega_{mn}t}$$



Constrained system solution via variation of parameters



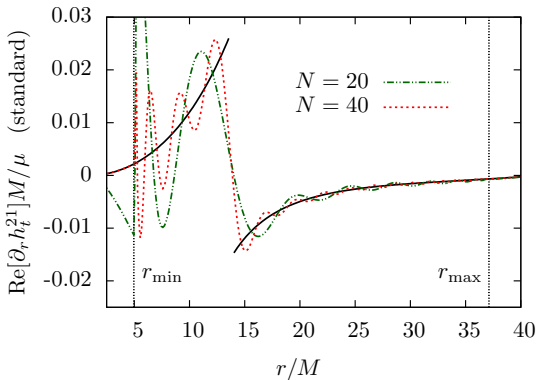
$$e = 0.764124$$

$$p = 8.75455$$

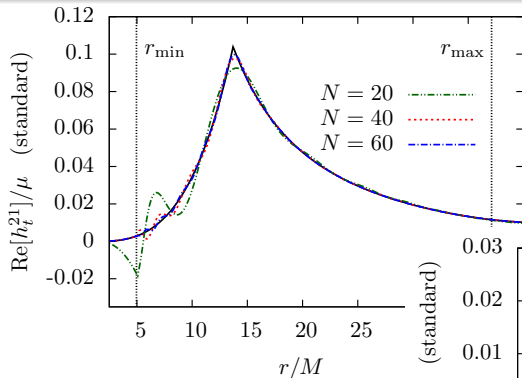
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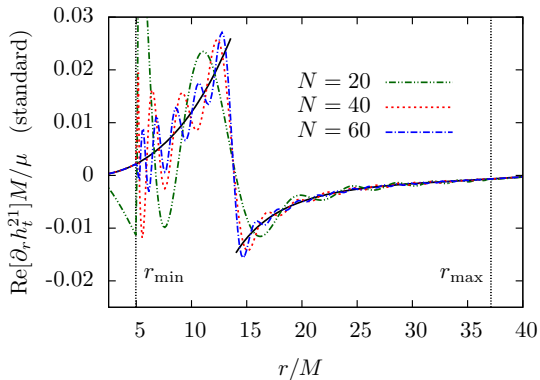
Constrained system solution via variation of parameters



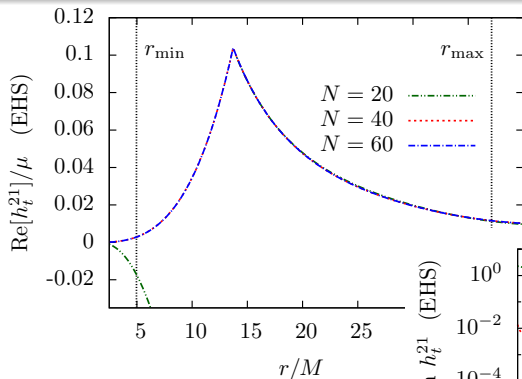
$e = 0.764124$
 $p = 8.75455$
 $t = 80M$

$$\omega_{mn} = n\Omega_r + m\Omega_\phi,$$

$$h_t^{lm}(t, r) = \lim_{N \rightarrow \infty} \sum_{n=-N}^N \tilde{h}_t^{lmn}(r) e^{-i\omega_{mn}t}$$



Extended homogeneous solutions for a system



$$e = 0.764124$$

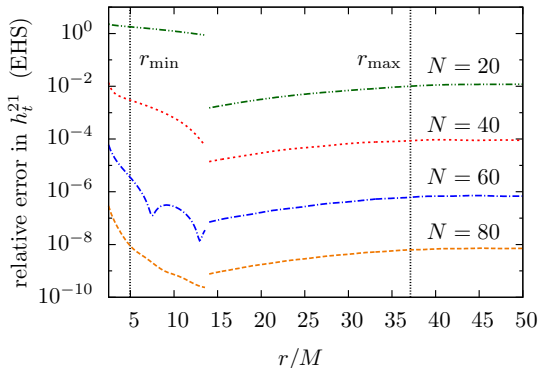
$$p = 8.75455$$

$$t = 80M$$

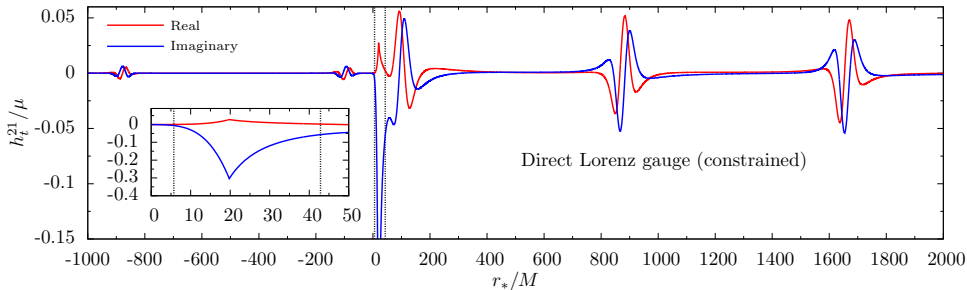
$$z \equiv r - r_p(t),$$

$$h_t(t, r) = h_t^+(t, r)\theta(z) + h_t^-(t, r)\theta(-z)$$

$$h_t^\pm(t, r) = \lim_{N \rightarrow \infty} \sum_{n=-N}^N \tilde{h}_t^{n\pm}(r) e^{-i\omega_n t}$$



Time domain solution, comparison of methods

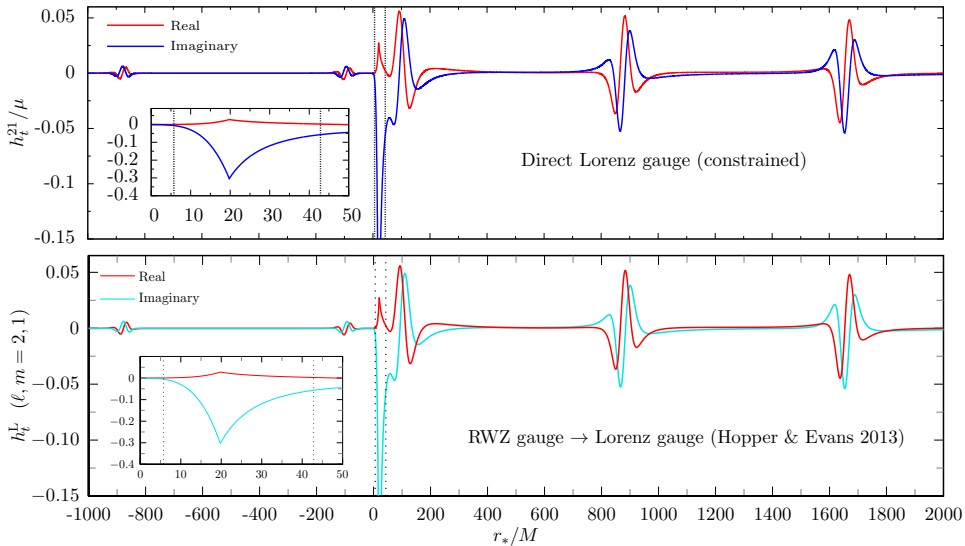


$$e = 0.764124,$$

$$p = 8.75455,$$

$$t = 93.58M$$

Time domain solution, comparison of methods

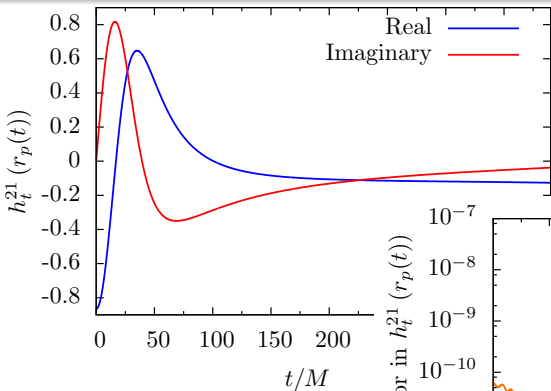


$$e = 0.764124,$$

$$p = 8.75455,$$

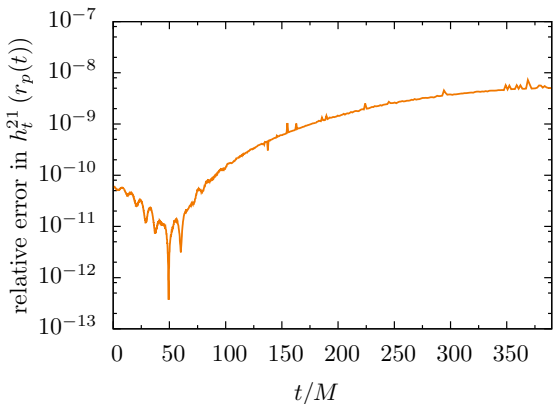
$$t = 93.58M$$

Comparison of methods: Relative error



$$e = 0.764124$$
$$p = 8.75455$$

We can compare a gauge transformation from RWG to Lorenz gauge with the constrained direct Lorenz gauge result at $r_p(t)$



- Constrained equations for radiative modes
($l \geq 2, \omega \neq 0$)
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- Particular solution of constrained equations
(Extended homogeneous solutions)
- Static modes: constrained solution
($m = 0, n = 0 \Rightarrow \omega = 0$)
- Low-order modes: constrained solution
($l < 0, 1$)
- Calculation of the dissipative self-force and results

Odd-parity static modes ($m = 0, n = 0 \implies \omega = 0$)

Zero-frequency form of odd-parity constrained equations

$$\tilde{h}_2 = \frac{1}{(l+2)(l-1)} \left[4(r-M)\tilde{h}_r + 2r^2 \frac{d\tilde{h}_r}{dr_*} \right],$$

$$-\tilde{P}^r = 0 = \frac{d^2\tilde{h}_r}{dr_*^2} + \frac{2(r-M)}{r^2} \frac{d\tilde{h}_r}{dr_*} - \frac{f}{r^2} \left(l(l+1) - \frac{4M}{r} \right) \tilde{h}_r,$$

$$f^2 \tilde{P}^t = \frac{d^2\tilde{h}_t}{dr_*^2} - \frac{2M}{r^2} \frac{d\tilde{h}_t}{dr_*} - \frac{f}{r^2} \left(l(l+1) - \frac{4M}{r} \right) \tilde{h}_t,$$

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$$\tilde{h}_t^{(+0)} \simeq \frac{1}{r^l} + \mathcal{O}\left(\frac{1}{r^{l+1}}\right),$$

$$\tilde{h}_t^{(+1)} \simeq r^{l+1} + \mathcal{O}(r^l),$$

- Causality no longer dictates choice of homogeneous solutions

-

$$\tilde{h}_t^{(-0)} \simeq f + \frac{l(l+1)}{2} f^2 + \mathcal{O}(f^3),$$

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- Regularity is the governing factor

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- Causality no longer dictates choice of homogeneous solutions
- Regularity is the governing factor

$$\tilde{h}_t^{(-0)} \simeq f + \frac{l(l+1)}{2} f^2 + \mathcal{O}(f^3),$$

Even-parity static modes ($m = 0, n = 0 \implies \omega = 0$)

Zero-frequency form of even-parity constrained equations

$$\bar{j}_t = \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{tr} + r^2 \frac{d\bar{h}_{tr}}{dr_*} \right],$$

$$\bar{j}_r = \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{rr} - 2r\bar{K} + \frac{r^2}{2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\bar{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\bar{K}}{dr_*} \right],$$

$$\bar{G} = \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \bar{h}_{tt} - f\bar{h}_{rr} + \frac{4(r-M)}{r^2} \bar{j}_r + 2 \frac{d\bar{j}_r}{dr_*} \right],$$

$$2f\bar{Q}^{tr} = 0 = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left(\frac{2(2M^2 - r^2)}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \bar{h}_{tr},$$

$$f\bar{Q}^{rr} + f^2\bar{Q}^b + f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right) \bar{h}_{tt} + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$\frac{1}{f} \bar{Q}^{rr} - \bar{Q}^b + f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*},$$

$$+ \left(\frac{2M^2}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \bar{h}_{rr} + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt}, - \frac{4(r-M)}{r^3} \bar{K}$$

$$f^2\bar{Q}^{tt} - \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} - \frac{f}{r^2} (l(l+1) - 2) \bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rr},$$

Even-parity static modes ($m = 0, n = 0 \implies \omega = 0$)

Zero-frequency form of even-parity constrained equations

$$\begin{aligned}\bar{j}_t &= \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{tr} + r^2 \frac{d\bar{h}_{tr}}{dr_*} \right], \\ \bar{j}_r &= \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{rr} - 2r\bar{K} + \frac{r^2}{2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\bar{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\bar{K}}{dr_*} \right], \\ \bar{G} &= \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \bar{h}_{tt} - f\bar{h}_{rr} + \frac{4(r-M)}{r^2} \bar{j}_r + 2 \frac{d\bar{j}_r}{dr_*} \right],\end{aligned}$$

$$2f\bar{Q}^{tr} = 0 = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left(\frac{2(2M^2 - r^2)}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \bar{h}_{tr},$$

$$f\bar{Q}^{rr} + f^2\bar{Q}^b + f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right) \bar{h}_{tt} + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$\frac{1}{f} \bar{Q}^{rr} - \bar{Q}^b + f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*},$$

$$+ \left(\frac{2M^2}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \bar{h}_{rr} + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt}, - \frac{4(r-M)}{r^3} \bar{K}$$

$$f^2\bar{Q}^{tt} - \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} - \frac{f}{r^2} (l(l+1) - 2) \bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rr},$$

Even-parity static modes ($m = 0, n = 0 \implies \omega = 0$)

Zero-frequency form of even-parity constrained equations

$$\bar{j}_t = 0,$$

$$\bar{j}_r = \frac{1}{l(l+1)} \left[2(r-M)\bar{h}_{rr} - 2r\bar{K} + \frac{r^2}{2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\bar{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\bar{K}}{dr_*} \right],$$

$$\bar{G} = \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \bar{h}_{tt} - f\bar{h}_{rr} + \frac{4(r-M)}{r^2} \bar{j}_r + 2 \frac{d\bar{j}_r}{dr_*} \right],$$

$$\bar{h}_{tr} = 0,$$

$$f\bar{Q}^{rr} + f^2\bar{Q}^b + f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right) \bar{h}_{tt} + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$\frac{1}{f} \bar{Q}^{rr} - \bar{Q}^b + f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{4(r-M)}{r^2} \frac{d\bar{h}_{rr}}{dr_*} + \frac{2}{fr} \frac{d\bar{h}_{tt}}{dr_*} - \frac{4}{r} \frac{d\bar{K}}{dr_*}$$

$$+ \left(\frac{2M^2}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \bar{h}_{rr} + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt} - \frac{4(r-M)}{r^3} \bar{K},$$

$$f^2\bar{Q}^{tt} - \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{4f}{r} \frac{d\bar{K}}{dr_*} - \frac{1}{r} \frac{d\bar{h}_{tt}}{dr_*} - \frac{f^2}{r} \frac{d\bar{h}_{rr}}{dr_*} - \frac{f}{r^2} (l(l+1) - 2) \bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(r+M)}{r^3} \bar{h}_{rr},$$

Even-parity static modes ($m = 0, n = 0 \implies \omega = 0$)

Zero-frequency form of even-parity constrained equations

$$\tilde{j}_t = 0,$$

$$\tilde{j}_r = \frac{1}{l(l+1)} \left[2(r-M)\tilde{h}_{rrr} - 2r\tilde{K} + \frac{r^2}{2} \frac{d\tilde{h}_{rrr}}{dr_*} + \frac{r^2}{2f^2} \frac{d\tilde{h}_{tt}}{dr_*} - \frac{r^2}{f} \frac{d\tilde{K}}{dr_*} \right],$$

$$\tilde{G} = \frac{1}{(l+2)(l-1)} \left[\frac{1}{f} \tilde{h}_{tt} - f\tilde{h}_{rrr} + \frac{4(r-M)}{r^2} \tilde{j}_r + 2 \frac{d\tilde{j}_r}{dr_*} \right],$$

$$\tilde{h}_{tr} = 0,$$

$$f\tilde{Q}^{rr} + f^2\tilde{Q}^b + f^3\tilde{Q}^{tt} = \frac{d^2\tilde{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\tilde{h}_{tt}}{dr_*} + \left(\frac{2M^2}{r^4} - \frac{f}{r^2} l(l+1) \right) \tilde{h}_{tt} + \frac{2Mf^2(3M-2r)}{r^4} \tilde{h}_{rrr} + \frac{4Mf^2}{r^3} \tilde{K},$$

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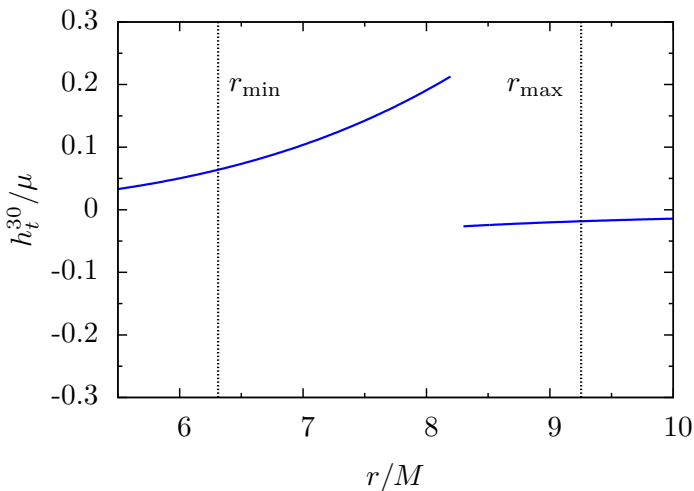
$$+ \left(\frac{2M^2}{r^4} - \frac{f}{r^2} (l(l+1) - 4) \right) \tilde{h}_{rrr} + \frac{2M(3M-2r)}{f^2 r^4} \tilde{h}_{tt} - \frac{4(r-M)}{r^3} \tilde{K},$$

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$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{rrr} \\ \tilde{K} \end{pmatrix} \simeq \frac{1}{r^{l+1}} \sum_{k=0}^{k_{\max}} \left[\frac{1}{r^k} \begin{pmatrix} a_k^{(tt)} \\ a_k^{(rr)} \\ a_k^{(K)} \end{pmatrix} + \frac{1}{r^{k+2}} \begin{pmatrix} b_k^{(tt)} \\ b_k^{(rr)} \\ b_k^{(K)} \end{pmatrix} \ln \left(\frac{r}{M} \right) \right].$$

Importance of static mode at $r = r_p(t)$

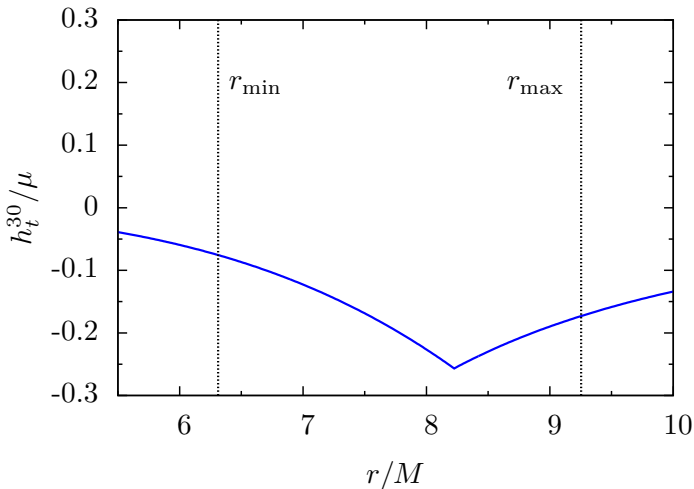
Solution including the contribution from every frequency except $\omega = 0$



$$e = 0.188917$$
$$p = 7.50478$$
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Importance of static mode at $r = r_p(t)$

Solution including static mode



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- Constrained equations for radiative modes
($l \geq 2, \omega \neq 0$)
- Homogeneous solutions of constrained equations
- Particular solution of constrained equations
(Extended homogeneous solutions)
- Static modes: constrained solution
($m = 0, n = 0 \Rightarrow \omega = 0$)
- Low-order modes: constrained solution
($l < 0, 1$)
- Calculation of the dissipative self-force and results

Low-order modes

- Eccentric orbits: Five cases to consider

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Presently unclear if fully constrained (second order) equations can be found for $l = 1, m = \pm 1$

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Self-force overview

- Standard mode-sum regularization approach

$$F_{\text{full}}^{\mu}(x; x_p) = \mu k^{\mu\nu\gamma\delta}(x; x_p) \bar{p}_{\nu\gamma;\delta},$$
$$F^{\mu} = \sum_{l'=0}^{\infty} \left[F_{\text{full}\pm}^{\mu l'} - A_{\pm}^{\mu} \left(l' + \frac{1}{2} \right) - B^{\mu} \right] \equiv \sum_{l'=0}^{\infty} F_{\text{reg}}^{\mu l'},$$

- Scalar spherical harmonic decomposition in l' , m' modes for regularization

$$F_{\text{full}\pm}^{\mu} = \sum_{l'=0}^{\infty} F_{\text{full}\pm}^{\mu l'} = \sum_{l'=0}^{\infty} \sum_{m'=-l'}^{l'} Y_{l'm'}(\theta_p, \phi_p) \mathcal{A}_{\pm}^{\mu l' m'},$$

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- Tensor spherical harmonc decomposition in l , m modes convenient except for regularization

$$F_{\text{full}\pm}^{\mu} = \sum_{l=0}^{\infty} \sum_{m=-l}^l F_{\text{full}\pm}^{\mu lm} = \sum_{l=0}^{\infty} \sum_{m=-l}^l \left(\begin{array}{c} f_{lm}^a Y_{lm} \\ - - - - - \\ f_e^{lm} Y_{lm}^A + f_o^{lm} X_{lm}^A \end{array} \right)_{\pm} = \sum_{l,m} \left(\begin{array}{c} f_{lm}^t Y_{lm} \\ f_{lm}^r Y_{lm} \\ f_e^{lm} Y_{lm}^{\theta} + f_o^{lm} X_{lm}^{\theta} \\ f_e^{lm} Y_{lm}^{\phi} + f_o^{lm} X_{lm}^{\phi} \end{array} \right)_{\pm}$$

$$\mathcal{A}_{\pm}^{\mu l' m'} = \mathcal{A}_{\pm}^{\mu l' m'} (f_{lm\pm}^t, f_{lm\pm}^r, f_{e\pm}^{lm}, f_{o\pm}^{lm}) \leftarrow \text{mixes } l \text{ modes}$$

Dissipative self-force overview

- The dissipative self-force requires no regularization

$$p_{\mu\nu}^{(\text{diss})} = \frac{1}{2} \left(p_{\mu\nu}^{\text{ret}} - p_{\mu\nu}^{\text{adv}} \right),$$

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- Tensor and scalar spherical harmonic decompositions are equally valid

$$F_{(\text{diss})}^{\mu} = \sum_{l=0}^{\infty} \sum_{m=-l}^l F_{(\text{diss})}^{\mu lm} \Rightarrow \text{tensor spherical harmonic } l, m \text{ modes}$$

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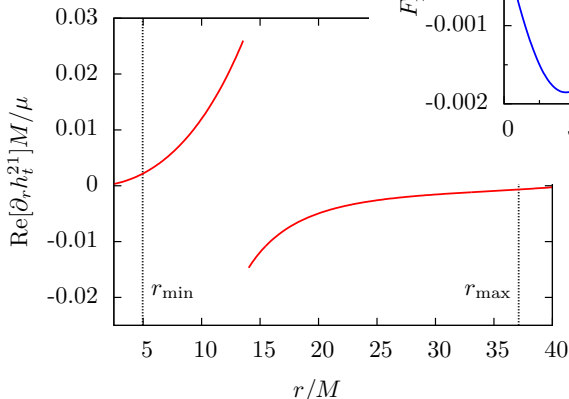
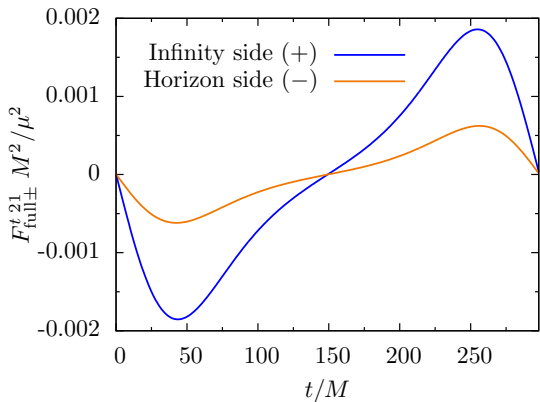
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- Individual tensor harmonic l, m modes of the dissipative self-force contain physically relevant information
- How can we extract the effects of $F_{(\text{diss})}^{\mu lm}$ from $F_{\text{full}\pm}^{\mu}$?

Full self-force in tensor harmonics (single l, m mode)

$F_{\text{full}\pm}^{\mu lm}$ is the unregularized l, m part of self-force evaluated on infinity (+) or horizon (-) side of r_p



$e = 0.764124$
 $\leftarrow p = 8.75455$
 $t = 80M$

Energy flux and self-work (single l, m mode)

- Locally compute work done by self-force

$$E = \mu f_p u^t$$

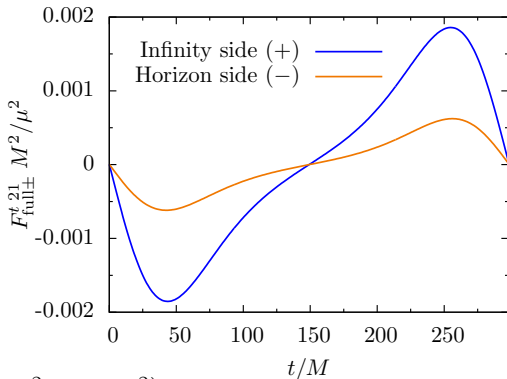
$$\langle \dot{E}_{lm\pm}^{\text{work}} \rangle = \frac{1}{T_r} \int_0^{T_r} f_p \frac{d\tau}{dt} F_{\text{full}\pm}^{t\ lm} dt$$

- Compute energy flux at $r \simeq \infty$ and $r \simeq 2M$

$$\langle \dot{E}_{lm}^{\text{rad}} \rangle = \frac{1}{64\pi} \frac{(l+2)!}{(l-2)!} \sum_n \omega_{mn}^2 (|C_{lmn}^+|^2 + |C_{lmn}^-|^2)$$

$$e = 0.188917$$

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	$\langle \dot{E}_{21} \rangle M^2 / \mu^2$
Infinity side self-work	$7.61849062972 \times 10^{-7}$
Horizon side self-work	$7.61849062973 \times 10^{-7}$
Energy flux	$7.61849063003 \times 10^{-7}$

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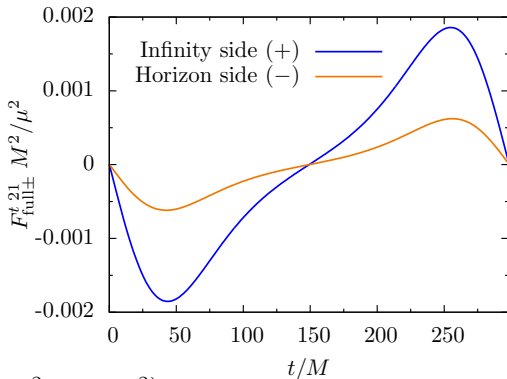
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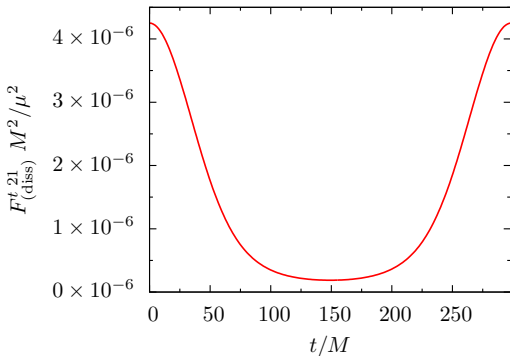
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Angular momentum flux and torque (single l, m mode)

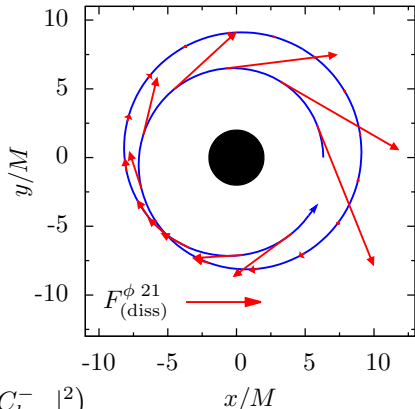
- Locally time-average torque from self-force

$$L = \mu r_p^2 u^\phi$$

$$\langle \dot{L}_{lm}^{\text{torq}} \rangle = \frac{1}{T_r} \int_0^{T_r} r_p^2 \frac{d\tau}{dt} F_{\text{full}\pm}^{\phi lm} dt$$

- Compute angular momentum flux at $r \sim \infty$ and $r \simeq 2M$

$$\langle \dot{L}_{lm}^{\text{rad}} \rangle = \frac{m}{64\pi} \frac{(l+2)!}{(l-2)!} \sum_n \omega_{mn} (|C_{lmn}^+|^2 + |C_{lmn}^-|^2)$$



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	$\langle \dot{L}_{21} \rangle M/\mu^2$
Infinity side torque	$1.39157808634 \times 10^{-5}$
Horizon side torque	$1.39157808635 \times 10^{-5}$
Ang. momentum flux	$1.39157808640 \times 10^{-5}$

Conclusions

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- Each low-order mode ($l = 0, 1$) is a special case handled separately. All except one can be solved by fully constraining the equations with the gauge conditions.
- We calculate dissipative effects of the self-force by time averaging over a period and compare locally determined work and torque with energy and angular momentum fluxes.

Acknowledgements



Constrained low order mode example: Monopole

$$0 = -i\omega r^2 \bar{h}_{tt} - i\omega f^2 r^2 \bar{h}_{rr} - 2i\omega f r^2 \bar{K} - 2f r^2 \frac{d\bar{h}_{tr}}{dr_*} - 4f(r-M)\bar{h}_{tr},$$

$$0 = 4f(r-M)\bar{h}_{rr} - 2r^2 \frac{d\bar{K}}{dr_*} - 4f r \bar{K} + f r^2 \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{f} \frac{d\bar{h}_{tt}}{dr_*} + 2i\omega r^2 \bar{h}_{tr},$$

$$-f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\omega^2 + \frac{2M^2}{r^4}\right)\bar{h}_{tt} \\ + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$-\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left(\omega^2 - \frac{2(2r^2 - 8Mr + 7M^2)}{r^4}\right)\bar{h}_{rr} \\ + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt} - \frac{4iM\omega}{f r^2} \bar{h}_{tr} + \frac{4(r-3M)}{r^3} \bar{K},$$

$$2f\bar{Q}^{tr} = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left(\omega^2 - \frac{2(r^2 - 2Mr + 2M^2)}{r^4}\right)\bar{h}_{tr} - \frac{2iM\omega}{f r^2} \bar{h}_{tt} - \frac{2ifM\omega}{r^2} \bar{h}_{rr},$$

$$-f^2\bar{Q}^{tt} + \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{K}}{dr_*} + \left(\omega^2 - \frac{2f(r-4M)}{r^3}\right)\bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(3M-r)}{r^3} \bar{h}_{rr},$$

Constrained low order mode example: Monopole

$$0 = -i\omega r^2 \bar{h}_{tt} - i\omega f^2 r^2 \bar{h}_{rr} - 2i\omega f r^2 \bar{K} - 2f r^2 \frac{d\bar{h}_{tr}}{dr_*} - 4f(r-M)\bar{h}_{tr},$$

$$0 = 4f(r-M)\bar{h}_{rr} - 2r^2 \frac{d\bar{K}}{dr_*} - 4f r \bar{K} + f r^2 \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{f} \frac{d\bar{h}_{tt}}{dr_*} + 2i\omega r^2 \bar{h}_{tr},$$

$$-f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\omega^2 + \frac{2M^2}{r^4}\right) \bar{h}_{tt} \\ + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$-\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left(\omega^2 - \frac{2(2r^2-8Mr+7M^2)}{r^4}\right) \bar{h}_{rr} \\ + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt} - \frac{4iM\omega}{f r^2} \bar{h}_{tr} + \frac{4(r-3M)}{r^3} \bar{K},$$

$$2f\bar{Q}^{tr} = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left(\omega^2 - \frac{2(r^2-2Mr+2M^2)}{r^4}\right) \bar{h}_{tr} - \frac{2iM\omega}{f r^2} \bar{h}_{tt} - \frac{2ifM\omega}{r^2} \bar{h}_{rr},$$

$$-f^2\bar{Q}^{tt} + \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{K}}{dr_*} + \left(\omega^2 - \frac{2f(r-4M)}{r^3}\right) \bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(3M-r)}{r^3} \bar{h}_{rr},$$

$$\bar{h}_{tt} = \frac{i(r^4\omega^2 + 6r^2 - 12Mr + 4M^2)}{2r^3\omega} \bar{h}_{tr} + \left(\frac{5M}{r} - 3\right) \bar{K} + \frac{i(3r^2 - 10Mr + 8M^2)}{f r^2 \omega} \frac{d\bar{h}_{tr}}{dr_*} - r \frac{d\bar{K}}{dr_*} + \frac{ir}{2\omega} \frac{d^2\bar{h}_{tr}}{dr_*^2},$$

$$\bar{h}_{rr} = -\frac{i(r^4\omega^2 - 2r^2 + 12Mr - 12M^2)}{2f^2 r^3 \omega} \bar{h}_{tr} + \frac{r-M}{f^2 r} \bar{K} - \frac{i}{f^2 \omega} \frac{d\bar{h}_{tr}}{dr_*} + \frac{r}{f^2} \frac{d\bar{K}}{dr_*} - \frac{ir}{2f^2 \omega} \frac{d^2\bar{h}_{tr}}{dr_*^2}.$$

Constrained low order mode example: Monopole

$$0 = -i\omega r^2 \bar{h}_{tt} - i\omega f^2 r^2 \bar{h}_{rr} - 2i\omega f r^2 \bar{K} - 2f r^2 \frac{d\bar{h}_{tr}}{dr_*} - 4f(r-M)\bar{h}_{tr},$$

$$0 = 4f(r-M)\bar{h}_{rr} - 2r^2 \frac{d\bar{K}}{dr_*} - 4f r \bar{K} + f r^2 \frac{d\bar{h}_{rr}}{dr_*} + \frac{r^2}{f} \frac{d\bar{h}_{tt}}{dr_*} + 2i\omega r^2 \bar{h}_{tr},$$

$$-f\bar{Q}^{rr} - f^2\bar{Q}^b - f^3\bar{Q}^{tt} = \frac{d^2\bar{h}_{tt}}{dr_*^2} + \frac{2(r-4M)}{r^2} \frac{d\bar{h}_{tt}}{dr_*} + \left(\omega^2 + \frac{2M^2}{r^4}\right) \bar{h}_{tt} \\ + \frac{2Mf^2(3M-2r)}{r^4} \bar{h}_{rr} - \frac{4iM\omega f}{r^2} \bar{h}_{tr} + \frac{4Mf^2}{r^3} \bar{K},$$

$$-\frac{1}{f}\bar{Q}^{rr} + \bar{Q}^b - f\bar{Q}^{tt} = \frac{d^2\bar{h}_{rr}}{dr_*^2} + \frac{2}{r} \frac{d\bar{h}_{rr}}{dr_*} + \left(\omega^2 - \frac{2(2r^2-8Mr+7M^2)}{r^4}\right) \bar{h}_{rr} \\ + \frac{2M(3M-2r)}{f^2 r^4} \bar{h}_{tt} - \frac{4iM\omega}{f r^2} \bar{h}_{tr} + \frac{4(r-3M)}{r^3} \bar{K},$$

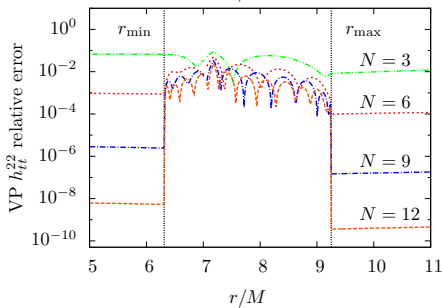
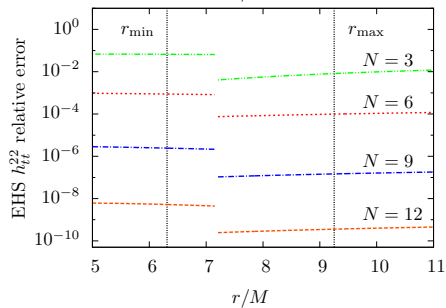
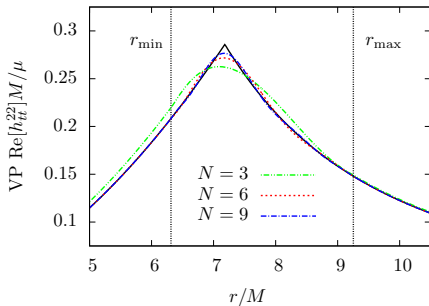
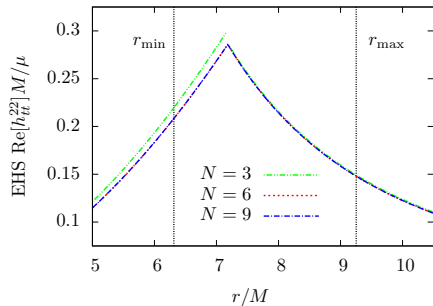
$$2f\bar{Q}^{tr} = \frac{d^2\bar{h}_{tr}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{h}_{tr}}{dr_*} + \left(\omega^2 - \frac{2(r^2-2Mr+2M^2)}{r^4}\right) \bar{h}_{tr} - \frac{2iM\omega}{f r^2} \bar{h}_{tt} - \frac{2ifM\omega}{r^2} \bar{h}_{rr},$$

$$-f^2\bar{Q}^{tt} + \bar{Q}^{rr} = \frac{d^2\bar{K}}{dr_*^2} + \frac{2f}{r} \frac{d\bar{K}}{dr_*} + \left(\omega^2 - \frac{2f(r-4M)}{r^3}\right) \bar{K} + \frac{2M}{r^3} \bar{h}_{tt} - \frac{2f^2(3M-r)}{r^3} \bar{h}_{rr},$$

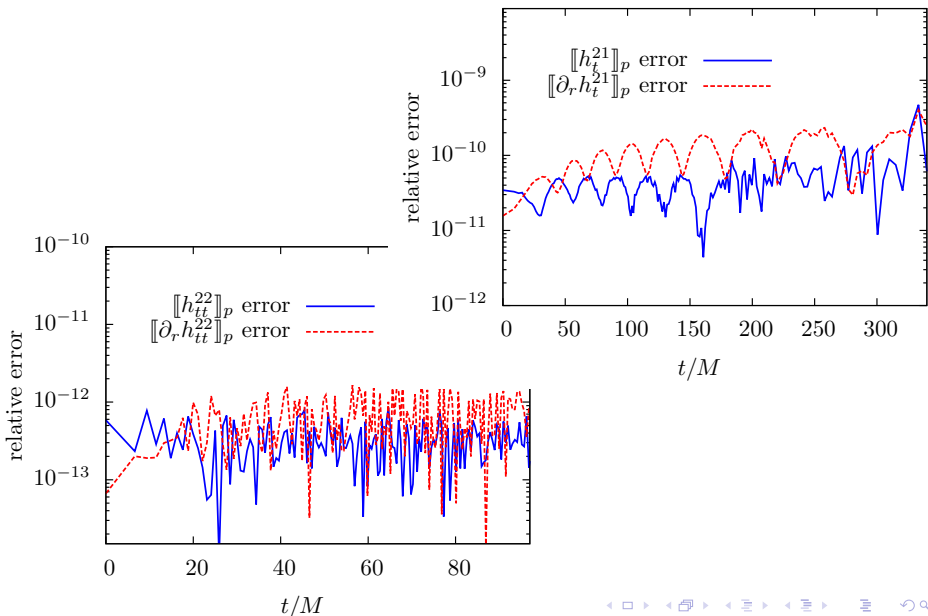
$$\bar{h}_{tt} = \frac{i(r^4\omega^2 + 6r^2 - 12Mr + 4M^2)}{2r^3\omega} \bar{h}_{tr} + \left(\frac{5M}{r} - 3\right) \bar{K} + \frac{i(3r^2 - 10Mr + 8M^2)}{f r^2 \omega} \frac{d\bar{h}_{tr}}{dr_*} - r \frac{d\bar{K}}{dr_*} + \frac{ir}{2\omega} \frac{d^2\bar{h}_{tr}}{dr_*^2},$$

$$\bar{h}_{rr} = -\frac{i(r^4\omega^2 - 2r^2 + 12Mr - 12M^2)}{2f^2 r^3 \omega} \bar{h}_{tr} + \frac{r-M}{f^2 r} \bar{K} - \frac{i}{f^2 \omega} \frac{d\bar{h}_{tr}}{dr_*} + \frac{r}{f^2} \frac{d\bar{K}}{dr_*} - \frac{ir}{2f^2 \omega} \frac{d^2\bar{h}_{tr}}{dr_*^2}.$$

Even-parity results



Test jump conditions



Odd-parity constrained, causal homogeneous solutions

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_0^- \sim \begin{pmatrix} 1 \\ 1/f \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_0^+ \sim \begin{pmatrix} 1 \\ -1 \end{pmatrix} e^{+i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_1^- \sim \begin{pmatrix} f \\ -1 \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_t \\ \tilde{h}_r \end{pmatrix}_1^+ \sim \frac{1}{r} \begin{pmatrix} 1 \\ 1 \end{pmatrix} e^{+i\omega r_*}.$$

Even-parity constrained, causal homogeneous solutions

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_0^- \sim \begin{pmatrix} 1 \\ 1/f \\ 1/f^2 \\ 0 \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_0^+ \sim \frac{1}{r} \begin{pmatrix} 1 \\ 0 \\ -1 \\ 0 \end{pmatrix} e^{+i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_1^- \sim f \begin{pmatrix} 1 \\ -1/f \\ 0 \\ 2/(4i\omega M - 1) \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_1^+ \sim \frac{1}{r} \begin{pmatrix} 0 \\ 1 \\ -2 \\ 0 \end{pmatrix} e^{+i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_2^- \sim f^2 \begin{pmatrix} 1 \\ -1/f \\ 1/f^2 \\ 0 \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_2^+ \sim \frac{1}{r^2} \begin{pmatrix} 0 \\ 1 \\ -2 \\ 1 \end{pmatrix} e^{+i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_3^- \sim \begin{pmatrix} 0 \\ 0 \\ 0 \\ 1 \end{pmatrix} e^{-i\omega r_*},$$

$$\begin{pmatrix} \tilde{h}_{tt} \\ \tilde{h}_{tr} \\ \tilde{h}_{rr} \\ \tilde{K} \end{pmatrix}_3^+ \sim \frac{1}{r^3} \begin{pmatrix} 0 \\ 0 \\ -2 \\ 1 \end{pmatrix} e^{+i\omega r_*}.$$