# Generic simulations for self-force comparisons

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## What we can do: generic inspirals





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#### Comparisons to self-force

- Compare to geodesic and SF invariant quantities
- Determine regime of validity of SF
- Calibrate analytic models (EOB, etc)



$$q = 7, \ \chi_1 = 0.8, \ \chi_2 = 0,$$
$$\mathcal{N}_{\phi} \approx 55, \ \mathcal{N}_r \approx 41$$

#### What do we get from NR?



### Mapping to geodesic motion

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  - $\Omega_a \to \Omega_a + \delta \Omega_a$
- Invariant measures  $(e, \iota)$
- Dissipation: fit out

#### Fitting out inspiral

 Fundamental frequencies averaged quantities



### Fitting out inspiral

- Fundamental frequencies averaged quantities
- Cannot remove dissipation
- Need to fit out or orbit average



#### Periastron precession



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- Resonances: secular accumulation of SF
- Resonant kicks (Hirata, van de Meent)
- Large corrections to inspiral (Flanagan & Hinderer 2012)



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#### Self-torque



$$\psi = \frac{\Delta \Phi_p}{\Delta \Phi_{\rm orb}} = \frac{\omega_p}{\Omega_\phi}$$

- Geodetic precession of test spin
- Compare to orbital motion
- Gauge invt quantity

$$\frac{d\hat{\chi}}{dt} = \vec{\omega}_p \times \hat{\chi}$$

#### Spin evolution



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#### Self-torque comparison



#### Self-torque comparison



#### Future work

- Higher mass ratios
- New geometric invariants
- Compare to eccentric SF
- Better spin measurement?
- Dissipative SF

