

MAU34401: Classical Field Theory

Homework 4 due 06/12/2021

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1.

(i)

$$\begin{aligned}
 \mathcal{L}_\phi(\phi'_1, \phi'_2) &= \frac{1}{2} \partial_\mu \phi'_1 \partial^\mu \phi'_1 + \frac{1}{2} \partial_\mu \phi'_2 \partial^\mu \phi'_2 - V((\phi'_1)^2 + (\phi'_2)^2) \\
 &= \frac{1}{2} \partial_\mu (\phi_1 \cos \alpha + \phi_2 \sin \alpha) \partial^\mu (\phi_1 \cos \alpha + \phi_2 \sin \alpha) \\
 &\quad + \frac{1}{2} \partial_\mu (-\phi_1 \sin \alpha + \phi_2 \cos \alpha) \partial^\mu (-\phi_1 \sin \alpha + \phi_2 \cos \alpha) \\
 &\quad - V(\phi_1^2 \cos^2 \alpha + \phi_2^2 \sin^2 \alpha + 2 \phi_1 \phi_2 \cos \alpha \sin \alpha + \phi_1^2 \sin^2 \alpha + \phi_2^2 \cos^2 \alpha - 2 \phi_1 \phi_2 \cos \alpha \sin \alpha) \\
 &= \frac{1}{2} (\cos^2 \alpha \partial_\mu \phi_1 \partial^\mu \phi_1 + \cos \alpha \sin \alpha (\partial_\mu \phi_1 \partial^\mu \phi_2 + \partial_\mu \phi_2 \partial^\mu \phi_1) + \sin^2 \alpha \partial_\mu \phi_2 \partial^\mu \phi_2) \\
 &\quad + \frac{1}{2} (\sin^2 \alpha \partial_\mu \phi_1 \partial^\mu \phi_1 - \cos \alpha \sin \alpha (\partial_\mu \phi_1 \partial^\mu \phi_2 + \partial_\mu \phi_2 \partial^\mu \phi_1) + \cos^2 \alpha \partial_\mu \phi_2 \partial^\mu \phi_2) \\
 &\quad - V(\phi_1^2 + \phi_2^2) \\
 &= \frac{1}{2} \partial_\mu \phi_1 \partial^\mu \phi_1 + \frac{1}{2} \partial_\mu \phi_2 \partial^\mu \phi_2 - V(\phi_1^2 + \phi_2^2) \\
 &= \mathcal{L}_\phi(\phi_1, \phi_2)
 \end{aligned}$$

(ii)

$$\begin{aligned}
 \mathcal{L}_\phi &= \frac{1}{2} \partial_\mu \phi_1 \partial^\mu \phi_1 + \frac{1}{2} \partial_\mu \phi_2 \partial^\mu \phi_2 - V(\phi_1^2 + \phi_2^2) \\
 &= \frac{1}{2} g^{\mu\nu} \partial_\mu \phi_1 \partial_\nu \phi_1 + \frac{1}{2} g^{\mu\nu} \partial_\mu \phi_2 \partial_\nu \phi_2 - V(\phi_1^2 + \phi_2^2) \\
 &\quad \text{(re-writing } \mathcal{L}_\phi \text{ in terms of the metric tensor for convenience)}
 \end{aligned}$$

$$\partial_\lambda \left(\frac{\partial \mathcal{L}_\phi}{\partial (\partial_\lambda \phi_i)} \right) = \frac{\partial \mathcal{L}_\phi}{\partial \phi_i} \quad \text{(E-L equations of motion)}$$

$$\begin{aligned}
 \partial_\lambda \left(\frac{1}{2} g^{\mu\nu} \delta^\lambda_\mu \partial_\nu \phi_i + \frac{1}{2} g^{\mu\nu} \partial_\mu \phi_i \delta^\lambda_\nu \right) &= - \frac{\partial V(\phi_1^2 + \phi_2^2)}{\partial \phi_i} \\
 \frac{1}{2} g^{\mu\nu} \partial_\mu \partial_\nu \phi_i + \frac{1}{2} g^{\mu\nu} \partial_\nu \partial_\mu \phi_i &= - \frac{\partial V(\phi_1^2 + \phi_2^2)}{\partial (\phi_1^2 + \phi_2^2)} \frac{\partial (\phi_1^2 + \phi_2^2)}{\partial \phi_i} \\
 \frac{1}{2} g^{\mu\nu} \partial_\mu \partial_\nu \phi_i + \frac{1}{2} g^{\nu\mu} \partial_\nu \partial_\mu \phi_i &= -V' \cdot 2 \phi_i \\
 \partial_\mu \partial^\mu \phi_i &= -2 \phi_i V' \quad \text{(simplified equations of motion)}
 \end{aligned}$$

$$\begin{aligned}
 \partial_\mu \mathcal{T}^\mu &= \partial_\mu (\phi_2 \partial^\mu \phi_1 - \phi_1 \partial^\mu \phi_2) \\
 &= \partial_\mu \phi_2 \partial^\mu \phi_1 + \phi_2 \partial_\mu \partial^\mu \phi_1 - \partial_\mu \phi_1 \partial^\mu \phi_2 - \phi_1 \partial_\mu \partial^\mu \phi_2 \\
 &= g^{\mu\nu} \partial_\mu \phi_2 \partial_\nu \phi_1 - g^{\mu\nu} \partial_\mu \phi_1 \partial_\nu \phi_2 + 2 \phi_1 \phi_2 V' - 2 \phi_2 \phi_1 V' \\
 &= g^{\mu\nu} \partial_\mu \phi_2 \partial_\nu \phi_1 - g^{\nu\mu} \partial_\nu \phi_2 \partial_\mu \phi_1 + 0 \\
 &= 0
 \end{aligned}$$

(iii)

$$\begin{aligned}
\partial_\mu \psi^* \partial^\mu \psi - V(2|\psi|^2) &= \partial_\mu \left(\frac{\phi_1 - i\phi_2}{\sqrt{2}} \right) \partial^\mu \left(\frac{\phi_1 + i\phi_2}{\sqrt{2}} \right) - V(2\psi\psi^*) \\
&= \frac{1}{\sqrt{2}} (\partial_\mu \phi_1 - i\partial_\mu \phi_2) \frac{1}{\sqrt{2}} (\partial^\mu \phi_1 + i\partial^\mu \phi_2) - V \left(2 \left(\frac{\phi_1 + i\phi_2}{\sqrt{2}} \right) \left(\frac{\phi_1 - i\phi_2}{\sqrt{2}} \right) \right) \\
&= \frac{1}{2} (\partial_\mu \phi_1 \partial^\mu \phi_1 + i(\partial_\mu \phi_1 \partial^\mu \phi_2 - \partial_\mu \phi_2 \partial^\mu \phi_1) + \partial_\mu \phi_2 \partial^\mu \phi_2) - V \left(2 \frac{\phi_1^2 + \phi_2^2}{2} \right) \\
&= \frac{1}{2} \partial_\mu \phi_1 \partial^\mu \phi_1 + \frac{1}{2} \partial_\mu \phi_2 \partial^\mu \phi_2 - V(\phi_1^2 + \phi_2^2) \\
&= \mathcal{L}_\phi
\end{aligned}$$

$$\begin{aligned}
\mathcal{L}_\phi &= \partial_\mu \psi^* \partial^\mu \psi - V(2|\psi|^2) \\
&= g^{\mu\nu} \partial_\mu \psi^* \partial_\nu \psi - V(2\psi\psi^*) \quad (\text{again re-writing } \mathcal{L}_\phi \text{ for convenience})
\end{aligned}$$

$$\begin{aligned}
\partial_\lambda \left(\frac{\partial \mathcal{L}_\phi}{\partial (\partial_\lambda \psi_i)} \right) &= \frac{\partial \mathcal{L}_\phi}{\partial \psi_i} \quad (\text{where } \psi_1 = \psi, \psi_2 = \psi^*) \\
\partial_\lambda \left(g^{\mu\nu} \frac{\partial (\partial_\mu \psi^* \partial_\nu \psi)}{\partial (\partial_\lambda \psi_i)} \right) &= - \frac{\partial V(2\psi\psi^*)}{\partial (2\psi\psi^*)} \frac{\partial (2\psi\psi^*)}{\partial \psi_i} \\
g^{\mu\nu} \partial_\lambda (\delta^\lambda_\mu \delta^i_2 \partial_\nu \psi + \partial_\mu \psi^* \delta^\lambda_\nu \delta^i_1) &= -V' \cdot 2 (\delta^i_1 \psi^* + \psi \delta^i_2) \\
g^{\mu\nu} \delta^i_2 \partial_\mu \partial_\nu \psi + g^{\mu\nu} \delta^i_1 \partial_\nu \partial_\mu \psi^* &= -2 (\delta^i_1 \psi^* + \psi \delta^i_2) V' \\
g^{\mu\nu} \delta^i_2 \partial_\mu \partial_\nu \psi + g^{\nu\mu} \delta^i_1 \partial_\nu \partial_\mu \psi^* &= -2 (\delta^i_1 \psi^* + \psi \delta^i_2) V' \\
g^{\mu\nu} \partial_\mu \partial_\nu \psi_j &= -2 \psi_j V' \quad (i \neq j, \text{ i.e. } i = 1, 2 \iff j = 2, 1) \\
\partial_\mu \partial^\mu \psi_j &= -2 \psi_j V'
\end{aligned}$$

$$\begin{aligned}
\partial_\mu \partial^\mu \psi &= -2 \psi V' & \partial_\mu \partial^\mu \psi^* &= -2 \psi^* V'
\end{aligned}$$

If the real and imaginary parts of the above expressions are considered separately, then the resulting expressions are simply the equations of motion in terms of ϕ_1 and ϕ_2 .

2.

(a)

$$\begin{aligned}
\mathcal{L}_{\text{CS}} \rightarrow \mathcal{L}'_{\text{CS}} &= \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta (A_\gamma + \partial_\gamma \Lambda) \\
&= \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) (\partial_\beta A_\gamma + \partial_\beta \partial_\gamma \Lambda) \\
&= \epsilon^{\alpha\beta\gamma} (A_\alpha \partial_\beta A_\gamma + A_\alpha \partial_\beta \partial_\gamma \Lambda + \partial_\alpha \Lambda \partial_\beta A_\gamma + \partial_\alpha \Lambda \partial_\beta \partial_\gamma \Lambda) \\
&= \mathcal{L}_{\text{CS}} + \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda + \epsilon^{\alpha\beta\gamma} \partial_\alpha \Lambda \partial_\beta A_\gamma
\end{aligned}$$

$$\begin{aligned}
\epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda &= \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda + \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda \\
&= \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda + \frac{1}{2} \epsilon^{\alpha\gamma\beta} (A_\alpha + \partial_\alpha \Lambda) \partial_\gamma \partial_\beta \Lambda \\
&= \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\beta \partial_\gamma \Lambda - \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) \partial_\gamma \partial_\beta \Lambda \\
&= \frac{1}{2} \epsilon^{\alpha\beta\gamma} (A_\alpha + \partial_\alpha \Lambda) (\partial_\beta \partial_\gamma \Lambda - \partial_\gamma \partial_\beta \Lambda) \\
&= 0
\end{aligned}$$

$$\begin{aligned}
\epsilon^{\alpha\beta\gamma} \partial_\alpha \Lambda \partial_\beta A_\gamma &= \epsilon^{\alpha\beta\gamma} \partial_\alpha \Lambda \partial_\beta A_\gamma + \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma - \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma \\
&= \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma) - \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma - \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma \\
&= \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma) - \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma - \frac{1}{2} \epsilon^{\beta\alpha\gamma} \Lambda \partial_\beta \partial_\alpha A_\gamma \\
&= \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma) - \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda \partial_\alpha \partial_\beta A_\gamma + \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta \partial_\alpha A_\gamma \\
&= \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma) - \frac{1}{2} \epsilon^{\alpha\beta\gamma} \Lambda (\partial_\alpha \partial_\beta A_\gamma - \partial_\beta \partial_\alpha A_\gamma) \\
&= \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma)
\end{aligned}$$

$$\implies \mathcal{L}_{\text{CS}} \rightarrow \mathcal{L}_{\text{CS}} + \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma)$$

The difference in the transformed Lagrangian and the original Lagrangian is not necessarily zero, and so the Lagrangian is not invariant under this transformation. The effect on the action can be found by considering only the added term, i.e.

$$\begin{aligned}
\delta S &= S - S' \\
&= \int d^3x (\mathcal{L}_{\text{CS}} - \mathcal{L}'_{\text{CS}}) \\
&= \int d^3x \partial_\alpha (\epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma) \\
&= \sum_\alpha \epsilon^{\alpha\beta\gamma} \Lambda \partial_\beta A_\gamma \Big|_{-\infty}^{\infty}
\end{aligned}$$

If the surface terms fall off at infinity fast enough, then there is no effect on the action, i.e. $\delta S = 0$.

(b)

$$\begin{aligned}
\partial_\mu \left(\frac{\partial \mathcal{L}_{\text{CS}}}{\partial (\partial_\mu A_i)} \right) &= \frac{\partial \mathcal{L}_{\text{CS}}}{\partial A_i} \\
\partial_\mu (\epsilon^{\alpha\beta\gamma} A_\alpha \delta^\mu_\beta \delta^i_\gamma) &= \epsilon^{\alpha\beta\gamma} \delta^i_\alpha \partial_\beta A_\gamma - \delta^i_\alpha \mathcal{J}^\alpha \\
\epsilon^{\alpha\beta i} \partial_\beta A_\alpha &= \epsilon^{i\beta\gamma} \partial_\beta A_\gamma - \mathcal{J}^i \\
\mathcal{J}^i &= \epsilon^{i\beta\gamma} \partial_\beta A_\gamma - \epsilon^{\alpha\beta i} \partial_\beta A_\alpha \\
&= \epsilon^{i\beta\gamma} (\partial_\beta A_\gamma - \partial_\gamma A_\beta) \\
\mathcal{J}^i &= \epsilon^{i\beta\gamma} F_{\beta\gamma}
\end{aligned}$$

(c)

$$\begin{aligned}
\mathcal{J}^\alpha &= \epsilon^{\alpha\beta\gamma} F_{\beta\gamma} \\
\partial_\alpha \mathcal{J}^\alpha &= \epsilon^{\alpha\beta\gamma} \partial_\alpha F_{\beta\gamma} \\
&= \epsilon^{\alpha\beta\gamma} (\partial_\alpha \partial_\beta A_\gamma - \partial_\alpha \partial_\gamma A_\beta) \\
&= \epsilon^{\alpha\beta\gamma} \partial_\alpha \partial_\beta A_\gamma - \epsilon^{\alpha\beta\gamma} \partial_\alpha \partial_\gamma A_\beta \\
&= \epsilon^{\alpha\beta\gamma} \partial_\alpha \partial_\beta A_\gamma - \epsilon^{\beta\gamma\alpha} \partial_\beta \partial_\alpha A_\gamma \\
&= \epsilon^{\alpha\beta\gamma} \partial_\alpha \partial_\beta A_\gamma - \epsilon^{\alpha\beta\gamma} \partial_\beta \partial_\alpha A_\gamma \\
&= \epsilon^{\alpha\beta\gamma} (\partial_\alpha \partial_\beta A_\gamma - \partial_\beta \partial_\alpha A_\gamma) \\
&= 0
\end{aligned}$$

(d)

$$\begin{aligned}
0 &= \epsilon^{\alpha\beta\gamma} F_{\beta\gamma} \\
&= \epsilon^{\alpha\beta\gamma} \partial_\beta A_\gamma - \epsilon^{\alpha\beta\gamma} \partial_\gamma A_\beta \\
&= \epsilon^{\alpha\beta\gamma} \partial_\beta A_\gamma + \epsilon^{\alpha\beta\gamma} \partial_\beta A_\gamma \\
&= 2 \epsilon^{\alpha\beta\gamma} \partial_\beta A_\gamma \\
\Rightarrow \epsilon^{\alpha\beta\gamma} \partial_\beta A_\gamma &= 0 \text{ for any } \alpha \\
&\text{and } \partial_\beta A_\gamma = \partial_\gamma A_\beta \text{ for any } \beta, \gamma
\end{aligned}$$

$$\mathcal{L}_{\text{CS}} = \epsilon^{\lambda\mu\nu} A_\lambda \partial_\mu A_\nu$$

$$\begin{aligned}
T_{\text{CS}}^{\beta\alpha} &= \frac{\partial \mathcal{L}_{\text{CS}}}{\partial (\partial_\beta A_\gamma)} \partial^\alpha A_\gamma - \delta^{\beta\alpha} \mathcal{L}_{\text{CS}} \\
&= \epsilon^{\lambda\mu\nu} A_\lambda \delta^\beta_\mu \delta^\gamma_\nu \partial^\alpha A_\gamma - \delta^{\beta\alpha} \epsilon^{\lambda\mu\nu} A_\lambda \partial_\mu A_\nu \\
T_{\text{CS}}^{\beta\alpha} &= \epsilon^{\lambda\beta\nu} A_\lambda \partial^\alpha A_\nu
\end{aligned}$$

(since $\epsilon^{\lambda\mu\nu} \partial_\mu A_\nu = 0$)

(e)

$$\begin{aligned} T_{\text{CS}}^{00} &= A_2 \partial^0 A_1 - A_1 \partial^0 A_2 \\ &= A_2 \partial_0 A_1 - A_1 \partial_0 A_2 && \text{(since } \partial^0 = g^{\alpha 0} \partial_\alpha = \partial_0 \text{)} \\ \int d^3x T_{\text{CS}}^{00} &= \int d^3x A_2 \partial_0 A_1 - \int d^3x A_1 \partial_0 A_2 \\ &= \int d^3x A_2 \partial_1 A_0 - \int d^3x A_1 \partial_2 A_0 && \text{(since } \partial_\beta A_\gamma = \partial_\gamma A_\beta \text{)} \\ &= A_2 A_0|_{-\infty}^\infty - \int d^3x A_0 \partial_1 A_2 - A_1 A_0|_{-\infty}^\infty + \int d^3x A_0 \partial_2 A_1 && \text{(integrating by parts)} \\ &= 0 - 0 + \int d^3x A_0 (\partial_2 A_1 - \partial_1 A_2) && \text{(neglecting surface terms at infinity)} \\ &= 0 && \text{(since } \partial_\beta A_\gamma = \partial_\gamma A_\beta \text{)} \end{aligned}$$

3.

$$\begin{aligned}
\mathcal{L}_E &= -\frac{1}{4} F_{\mu\nu} F^{\mu\nu} \\
&= -\frac{1}{4} g^{\lambda\mu} g^{\rho\nu} F_{\mu\nu} F_{\lambda\rho} \\
&= -\frac{1}{4} g^{\lambda\mu} g^{\rho\nu} (\partial_\mu A_\nu - \partial_\nu A_\mu) (\partial_\lambda A_\rho - \partial_\rho A_\lambda)
\end{aligned}$$

$$\begin{aligned}
T^{\alpha\beta} &= \frac{\partial \mathcal{L}_E}{\partial (\partial_\alpha A_\gamma)} \partial^\beta A_\gamma - \delta^{\alpha\beta} \mathcal{L}_E \\
&= -\frac{1}{4} g^{\lambda\mu} g^{\rho\nu} ((\delta^\alpha_\mu \delta^\gamma_\nu - \delta^\alpha_\nu \delta^\gamma_\mu) (\partial_\lambda A_\rho - \partial_\rho A_\lambda) + (\partial_\mu A_\nu - \partial_\nu A_\mu) (\delta^\alpha_\lambda \delta^\gamma_\rho - \delta^\alpha_\rho \delta^\gamma_\lambda)) \partial^\beta A_\gamma + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} \\
&= -\frac{1}{4} ((\delta^\alpha_\mu \delta^\gamma_\nu - \delta^\alpha_\nu \delta^\gamma_\mu) F^{\mu\nu} + (\delta^\alpha_\lambda \delta^\gamma_\rho - \delta^\alpha_\rho \delta^\gamma_\lambda) F^{\lambda\rho}) \partial^\beta A_\gamma + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} \\
&= -\frac{1}{4} (F^{\alpha\gamma} - F^{\gamma\alpha} + F^{\alpha\gamma} - F^{\gamma\alpha}) \partial^\beta A_\gamma + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} \\
&= F^{\gamma\alpha} \partial^\beta A_\gamma + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu}
\end{aligned}$$

$$\begin{aligned}
\text{Consider } \Theta^{\alpha\beta} &= T^{\alpha\beta} - \partial_\gamma (F^{\gamma\alpha} A^\beta) \\
\partial_\gamma (F^{\gamma\alpha} A^\beta) &= \partial_\gamma (-F^{\alpha\gamma} A^\beta) \\
&= -\partial_\gamma (F^{\alpha\gamma} A^\beta)
\end{aligned}$$

Thus the term added to $T^{\alpha\beta}$ to get $\Theta^{\alpha\beta}$ is anti-symmetric in α and γ , and thus $\Theta^{\alpha\beta}$ can also be considered a stress-energy tensor.

$$\begin{aligned}
\Theta^{\alpha\beta} &= T^{\alpha\beta} - \partial_\gamma (F^{\gamma\alpha} A^\beta) \\
&= F^{\gamma\alpha} \partial^\beta A_\gamma + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} - \partial_\gamma F^{\gamma\alpha} A^\beta - F^{\gamma\alpha} \partial_\gamma A^\beta \\
&= F^{\gamma\alpha} (\partial^\beta A_\gamma - \partial_\gamma A^\beta) + \frac{1}{4} \delta^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} - 0 \quad (\text{since } \partial_\gamma F^{\gamma\alpha} = 0 \text{ from e.o.m.}) \\
\Theta^{\alpha\beta} &= F^{\gamma\alpha} F^\beta_\gamma + \frac{1}{4} g^{\alpha\beta} F_{\mu\nu} F^{\mu\nu} \quad (\text{since } \delta^{\alpha\beta} = g^{\alpha\gamma} \delta_\gamma^\beta = g^{\alpha\beta})
\end{aligned}$$

$$\begin{aligned}
F_{\mu\nu} F^{\mu\nu} &= F_{00} F^{00} + F_{i0} F^{i0} + F_{0j} F^{0j} + F_{ij} F^{ij} \\
&= 0 + (-E_i) (E^i) + (E_j) (-E^j) + (-\epsilon_{ijk} B^k) (-\epsilon^{ijl} B_l) \\
&= -2 E_i E^i + \epsilon_{ijk} \epsilon^{ijl} B^k B_l \\
&= -2 E_i E^i + 2 \delta^l_k B^k B_l \\
&= 2 (\vec{B}^2 - \vec{E}^2) \\
F^\beta_\gamma &= -g^{\beta\lambda} F^{\alpha\gamma}
\end{aligned}$$

$$\Rightarrow \Theta^{\alpha\beta} = -g^{\beta\lambda} F^{\alpha\gamma} F_{\lambda\gamma} + \frac{1}{2} g^{\alpha\beta} (\vec{B}^2 - \vec{E}^2)$$

$$\begin{aligned}
\Theta^{00} &= -g^{0\lambda} F^{0\gamma} F_{\lambda\gamma} + \frac{1}{2} g^{00} (\vec{B}^2 - \vec{E}^2) \\
&= -F^{0\gamma} F_{0\gamma} + \frac{1}{2} (\vec{B}^2 - \vec{E}^2) \\
&= -F^{00} F_{00} - (-E^\gamma)(E_\gamma) + \frac{1}{2} (\vec{B}^2 - \vec{E}^2) \\
&= 0 + \vec{E}^2 + \frac{1}{2} (\vec{B}^2 - \vec{E}^2) \\
&= \frac{1}{2} (\vec{B}^2 + \vec{E}^2)
\end{aligned}$$

$$\begin{aligned}
\Theta^{0i} &= -g^{i\lambda} F^{0\gamma} F_{\lambda\gamma} + \frac{1}{2} \delta^0_i (\vec{B}^2 - \vec{E}^2) \\
&= F^{0\gamma} F_{i\gamma} + 0 \\
&= F^{00} F_{i0} + F^{0j} F_{ij} \\
&= 0 - E^j (-\epsilon_{ijk} B^k) \\
&= \epsilon_{ijk} E^j B^k \\
&= (\vec{E} \times \vec{B})_i
\end{aligned}$$

$$\begin{aligned}
\Theta^{ij} &= -g^{j\lambda} F^{i\gamma} F_{\lambda\gamma} + \frac{1}{2} g^{ij} (\vec{B}^2 - \vec{E}^2) \\
&= F^{i\gamma} F_{j\gamma} - \frac{1}{2} \delta^i_j (\vec{B}^2 - \vec{E}^2) \\
&= F^{i0} F_{j0} + F^{ik} F_{jk} - \frac{1}{2} \delta^i_j B_k B^k + \frac{1}{2} \delta^i_j \vec{E}^2 \\
&= E^i (-E^j) + (-\epsilon^{ikl} B_l) (-\epsilon_{jkm} B^m) - \frac{1}{2} \delta^i_j B_k B^k + \frac{1}{2} \delta^i_j \vec{E}^2 \\
&= -E^i E^j + (\delta^i_j \delta^l_m - \delta^i_m \delta^l_j) B_l B^m - \frac{1}{2} \delta^i_j B_k B^k + \frac{1}{2} \delta^i_j \vec{E}^2 \\
&= -E^i E^j + \delta^i_j B_l B^l - B_j B^i - \frac{1}{2} \delta^i_j B_k B^k + \frac{1}{2} \delta^i_j \vec{E}^2 \\
&= -E^i E^j - B^i B^j + \frac{1}{2} \delta^i_j (\vec{B}^2 + \vec{E}^2) \\
\Theta^{i0} &= -g^{0\lambda} F^{i\gamma} F_{\lambda\gamma} + \frac{1}{2} \delta^i_0 (\vec{B}^2 - \vec{E}^2) \\
&= -F^{i\gamma} F_{0\gamma} + 0 \\
&= -F^{i0} F_{00} - F^{ij} F_{0j} \\
&= 0 + \epsilon^{ijk} B_k E_j \\
&= \epsilon^{ijk} E_j B_k \\
&= (\vec{E} \times \vec{B})_i
\end{aligned}$$

$$\Theta^{00} = \frac{1}{2} (\vec{B}^2 + \vec{E}^2) \quad \Theta^{0i} = \Theta^{i0} = (\vec{E} \times \vec{B})_i \quad \Theta^{ij} = -E^i E^j - B^i B^j + \frac{1}{2} \delta^i_j (\vec{B}^2 + \vec{E}^2)$$