Proof. We already proved (1).

To prove (2), first we show that

$$\|v\|_V^2 \leq 2a(v,v), \quad \text{for all } v \in V.$$

For this, it suffices to prove that

$$\|v\|_V^2 \leq 2\int_0^1 (f'(x))^2 dx, \quad \text{for all } v \in V.$$

However, by Cauchy-Schwarz for functions, for every $x \in [0,1]$, we have

$$|v(x)| = \left|\int_0^x v'(t)dt\right| \leq \int_0^1 |v'(t)|dt \leq \left(\int_0^1 |v'(t)|^2 dt\right)^{1/2},$$

and so

$$\|v\|_V^2 = \int_0^1 ((v(x))^2 + (v'(x))^2)dx \leq 2\int_0^1 (v'(x))^2 dx \leq 2a(v,v),$$

since

$$a(v,v) = \int_0^1 ((v')^2 + cv^2)dx.$$

Next, it is easy to check that

$$J(u+v) - J(u) = a(u,v) - \widetilde{f}(v) + \frac{1}{2}a(v,v), \quad \text{for all } u, v \in V.$$

Then, if u is a solution of (WF), we deduce that

$$J(u+v) - J(u) = \frac{1}{2}a(v,v) \geq \frac{1}{4}\|v\|_V \geq 0 \quad \text{for all } v \in V.$$

since $a(u,v) - \widetilde{f}(v) = 0$ for all $v \in V$. Therefore, J achieves a minimun for u.

We also have

$$J(u+\theta v) - J(u) = \theta(a(u,v) - f(v)) + \frac{\theta^2}{2}a(v,v) \quad \text{for all } \theta \in \mathbb{R},$$

and so $J(u+\theta v) - J(u) \geq 0$ for all $\theta \in \mathbb{R}$. Consequently, if J achieves a minimum for u, then $a(u,v) = \widetilde{f}(v)$, which means that u is a solution of (WF).

Finally, assuming that $c(x) \geq 0$, we claim that if $v \in V$ and $v \neq 0$, then $a(v,v) > 0$. This is because if $a(v,v) = 0$, since

$$\|v\|_V^2 \leq 2a(v,v) \quad \text{for all } v \in V,$$

we would have $\|v\|_V = 0$, that is, $v = 0$. Then, if $v \neq 0$, from

$$J(u+v) - J(u) = \frac{1}{2}a(v,v) \quad \text{for all } v \in V$$

we see that $J(u+v) > J(u)$, so the minimum u is unique ☐