Category	Mating	Frequency	E[AA]	E[AB]	E[BB]
Selfed (s)	AA x AA	*sP*	*sP*		
	AB x AB	*sQ*	*sQ/4*	*sQ/2*	*sQ/4*
	BB x BB	*sR*			*sR*
Outcross (*1-s*)	AA x AA	$(1-s)P^2$	$(1-s)P^2$		
	AA x AB	$(1-s)2PQ$	$(1-s)PQ$	$(1-s)PQ$	
	AA x BB	$(1-s)2PR$		$(1-s)2PR$	
	AB x AB	$(1-s)Q^2$	$(1-s)Q^2/4$	$(1-s)Q^2/2$	$(1-s)Q^2/4$
	AB x BB	$(1-s)2QR$		$(1-s)QR$	$(1-s)QR$
	BB x BB	$(1-s)R^2$			$(1-s)R^2$

Category	Mating	Frequency	E[AA]	E[AB]	E[BB]
Selfed (s)	AA x AA	*sP*	*sP*		
	AB x AB	*sQ*	*sQ/4*	*sQ/2*	*sQ/4*
	BB x BB	*sR*			*sR*
Outcross (*1-s*)	AA x AA	$(1-s)P^2$	$(1-s)P^2$		
	AA x AB	$(1-s)2PQ$	$(1-s)PQ$	$(1-s)PQ$	
	AA x BB	$(1-s)2PR$		$(1-s)2PR$	
	AB x AB	$(1-s)Q^2$	$(1-s)Q^2/4$	$(1-s)Q^2/2$	$(1-s)Q^2/4$
	AB x BB	$(1-s)2QR$		$(1-s)QR$	$(1-s)QR$
	BB x BB	$(1-s)R^2$			$(1-s)R^2$

$$E[AA]_{t+1} = sP_t + s\frac{Q_t}{4} + (1-s)P_t^2 + (1-s)P_tQ_t + (1-s)\frac{Q_t^2}{4}$$

$$= \cdots$$

$$= s\left[P_t + \frac{Q_t}{4}\right] + (1-s)p_t^2$$

$$E[AB]_{t+1} = s\frac{Q_t}{2} + (1-s)2p_tq_t$$

$$E[BB]_{t+1} = s\left[R_t + \frac{Q_t}{4}\right] + (1-s)q_t^2$$