

$$\begin{array}{c}
 \text{Diagram 1: } \text{Dashed line } H \text{ --- } \text{Black circle loop } \begin{array}{l} \text{Top: } f \\ \text{Bottom: } \bar{f} \end{array} \text{ --- Dashed line } H \\
 \text{Diagram 2: } \text{Dashed line } H \text{ --- } \text{Red circle loop } \begin{array}{l} \text{Top: } \tilde{f} \\ \text{Bottom: } \bar{\tilde{f}} \end{array} \text{ --- Dashed line } H
 \end{array}
 \quad - \quad
 \begin{array}{c}
 \text{Diagram 2} \\
 \text{Diagram 1}
 \end{array}
 \approx 0,$$