

Basic conventions				
Minkowski metric tensor	Totally antisymmetric tensor	Four-momentum	Four-momentum norm	Massive rest-frame
$\eta_{\mu\nu}$	$\epsilon \eta_{\mu\nu\rho\sigma}$	$k^\mu$	$k^2 == k_\mu \ k^\mu$	$n^\mu == \frac{k^\mu}{k}$

Fundamental field	Symmetries	Decomposition in SO(3) irreps	Source
$h_{\alpha\beta}$	Symmetry[2, $h^{\bullet 1 \bullet 2}$ , { <b>●1</b> → -a, <b>●2</b> → -b}, StrongGenSet[{1, 2}, GenSet[(1,2)]]]	$\frac{1}{3} \ \eta_{\alpha\beta} \ h_{0^+}^{\#1} + h_{2^+ \alpha\beta}^{\#1} + h_{1^- \beta}^{\#1} \ n_\alpha + h_{1^- \alpha}^{\#1} \ n_\beta - \frac{1}{3} \ h_{0^+}^{\#1} \ n_\alpha \ n_\beta + h_{0^+}^{\#2} \ n_\alpha \ n_\beta$	$\mathcal{T}_{\alpha\beta}$

SO(3) irrep	Symmetries	Expansion in terms of the fundamental field	Source
$h_{0^+}^{\#1}$	Symmetry[0, $h_{0^+}^{\#1}$ , {}, StrongGenSet[{}, GenSet[]]]	$h^\alpha_{\ \alpha} - h_{\alpha\beta} \ n^\alpha \ n^\beta$	$\mathcal{T}_{0^+}^{\#1}$
$h_{0^+}^{\#2}$	Symmetry[0, $h_{0^+}^{\#2}$ , {}, StrongGenSet[{}, GenSet[]]]	$h_{\alpha\beta} \ n^\alpha \ n^\beta$	$\mathcal{T}_{0^+}^{\#2}$
$h_{2^+ \alpha\beta}^{\#1}$	Symmetry[2, $h_{2^+}^{\#1 \bullet 1 \bullet 2}$ , { <b>●1</b> → -a, <b>●2</b> → -b}, StrongGenSet[{1, 2}, GenSet[(1,2)]]]	$h_{\alpha\beta} - \frac{1}{3} \ \eta_{\alpha\beta} \ h^X_{\ X} + \frac{1}{3} \ h^X_{\ X} \ n_\alpha \ n_\beta - h_{\beta\chi} \ n_\alpha \ n^\chi - h_{\alpha\chi} \ n_\beta \ n^\chi + \frac{1}{3} \ \eta_{\alpha\beta} \ h_{\chi\delta} \ n^\chi \ n^\delta + \frac{2}{3} \ h_{\chi\delta} \ n_\alpha \ n_\beta \ n^\chi \ n^\delta$	$\mathcal{T}_{2^+ \alpha\beta}^{\#1}$
$h_{1^- \alpha}^{\#1}$	Symmetry[1, $h_{1^-}^{\#1 \bullet 1}$ , { <b>●1</b> → -a}, StrongGenSet[{}, GenSet[]]]	$h_{\alpha\beta} \ n^\beta - h_{\beta\chi} \ n_\alpha \ n^\beta \ n^\chi$	$\mathcal{T}_{1^- \alpha}^{\#1}$