$$\begin{CD}
I_{\mathbf{D}} \otimes_{\mathbf{D}} F(x) @>{\epsilon \otimes \mathrm{id}}>> F(I_{\mathbf{C}}) \otimes_{\mathbf{D}} F(x) \\
@VVV @VVV \\
F(x) @<{F(l_x^{\mathbf{C}})}<< F(I_{\mathbf{C}} \otimes_{\mathbf{C}} x)
\end{CD}
\qquad
\begin{CD}
F(x) \otimes_{\mathbf{D}} I_{\mathbf{D}} @>{\mathrm{id} \otimes \epsilon}>> F(x) \otimes_{\mathbf{D}} F(I_{\mathbf{C}}) \\
@VVV @VVV \\
F(x) @<{F(r_x^{\mathbf{C}})}<< F(x \otimes_{\mathbf{C}} I_{\mathbf{C}})
\end{CD}$$