

$$\begin{array}{c}
 1 \xrightarrow{\eta_X} X \otimes X^{\vee} \xrightarrow{f \otimes \text{id}_X} X \otimes X^{\vee} \xrightarrow{\text{br}} X^{\vee} \otimes X \xrightarrow{\epsilon_X} 1 \\
 \text{blue} \qquad \text{black} \qquad \text{blue} \qquad \text{black} \qquad \text{green} \qquad \text{black} \qquad \text{blue} \qquad \text{black} \qquad \text{black}
 \end{array}$$