$$\begin{array}{ccccccc}
J & \xrightarrow{\mathrm{Id}} & J & \xrightarrow{0} & 0 & \xrightarrow{0} & J \\
\Big\| & & \Big\| & & \wr\Big\downarrow{\scriptstyle 0} & & \Big\downarrow{\scriptstyle \psi} \\
J & \xrightarrow{\mathrm{Id}} & J & \xrightarrow{\mathrm{Id}} & J & \xrightarrow{\mathrm{Id}} & J
\end{array}$$