$$\begin{array}{ccccccc}
X & \xrightarrow{\quad = \quad} & X & \longrightarrow & 0 & \longrightarrow & X[1] \\
\Big\downarrow{=} & & \Big\downarrow{\alpha} & & \Big\downarrow & & \Big\downarrow{=} \\
X & \xrightarrow{\quad \alpha \quad} & Y & \xrightarrow{\quad \beta \quad} & Z & \longrightarrow & X[1]
\end{array}$$