

$$\begin{array}{ccccccc}
T & \xrightarrow{=} & T & \longrightarrow & 0 & \longrightarrow & T[1] \\
\exists g \downarrow & & \downarrow f & & \downarrow & & \downarrow = \\
X & \longrightarrow & Y & \longrightarrow & Z & \longrightarrow & X[1]
\end{array}$$