

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