

$$\begin{array}{ccc}
 T \diamond T \diamond T & \xrightarrow{T \diamond \mu} & T \diamond T \\
 \downarrow \mu \diamond T & & \downarrow \mu \\
 T \diamond T & \xrightarrow{\mu} & T
 \end{array}$$

$$\begin{array}{ccccc}
 J \diamond T & \xrightarrow{\eta \diamond T} & T \diamond T & \xleftarrow{T \diamond \eta} & T \diamond J \\
 & \searrow \cong & \downarrow \mu & & \swarrow \cong \\
 & & T & &
 \end{array}$$