

$$\begin{array}{ccccccc}
 X & & A & \xlongequal{\quad} & A & & \\
 & \searrow \scriptstyle s & \downarrow & \nearrow \scriptstyle p & \downarrow \scriptstyle i & & \\
 & & F & \longrightarrow & E & & \\
 & & \downarrow & \square & \downarrow \scriptstyle q & & \\
 & \searrow \scriptstyle 1_X & X & \xrightarrow{\scriptstyle q \circ p} & Y & \xrightarrow{\scriptstyle \pi} & Z \xrightarrow{\scriptstyle \delta} \\
 & & \downarrow \scriptstyle 0 & & \downarrow \scriptstyle \eta & &
 \end{array}$$