

$$\begin{array}{ccccc}
 & & & s_f & \\
 & & & \frown & \\
 & & & LRf & \\
 & & & \smile & \\
 \bullet & \xrightarrow{Lf} & \bullet & \xrightarrow{\quad} & \bullet \\
 \downarrow f & \xrightarrow{\eta_f} & \downarrow Rf & \xrightarrow{\eta_{Rf}} & \downarrow RRf \\
 \bullet & \xrightarrow{\quad} & \bullet & \xrightarrow{\quad} & \bullet
 \end{array}$$