$$\begin{array}{ccc}
\overline{F}X & \xrightarrow{\ \overline{F}(b)\ } & \overline{F}Y \\
\big\uparrow{\scriptstyle c} & \sqsubseteq & \big\uparrow{\scriptstyle d} \\
X & \xrightarrow{\ b\ } & Y \\
{\scriptstyle s}\big\uparrow & \sqsubseteq & \big\uparrow{\scriptstyle t} \\
& \mathbf{1} &
\end{array}$$