$$\begin{array}{ccc}
FX & \xrightarrow{\ Fb\ } & FY \\
\big\uparrow{\scriptstyle c} & \sqsubseteq & \big\uparrow{\scriptstyle d} \\
X & \xrightarrow{\ b\ } & Y \\
{\scriptstyle s}\big\uparrow & \sqsubseteq & \big\uparrow{\scriptstyle t} \\
 & \mathbf{1} &
\end{array}$$