

Diagnoses

Kae Tempest

Me and you and our diagnoses
A perfect match in a bag of explosives
Catch of the day in a toxic ocean
Nothing wrong with us, it's the world that's broken
Two tokens short of the rollercoaster
Ancient conditions
With brand-new solutions
In the old days they'd be doing ablutions
I'd be a prophet and you'd be a seer
Or you'd be a healer, I'd be a freak
Run away with the circus
Then we'd meet after work for a barrel of beer, yeah

Me and you and our diagnoses
All cosied up but it's hard to focus
Me and you and our trauma flashbacks
Relaxing at home with a Horlicks backpacks
Stuffed full of my dysphoria
Your dyspraxia, off exploring
Panic attacks to get the heart rate up
Good cardio-vascular, we'll get back to ya after a
Short psychotic episode
If I even leave the house I'll forget to close the door
I'll forget what I went out for
And come back with a random object or four
Quetiapine, Lamotrigine, Fluoxetine
You'll wash it down with Listerine
I've never felt so at home
Since Methylphenidate and Testosterone

CPTSD, ADHD, OCD and PMDD
Anxious attachment, TBI
But it's the world that's sick, baby, we're alright
CPTSD, ADHD, anxiety
Bipolar, addiction, neurodivergence
I'd be more worried if we weren't disturbed

We've got our own alphabet
Big bunch of letters between you and I
It's the right response to a world gone wrong
And we're getting on just fine
Me and you and our diagnoses
Out for a wander with coffee and oat milk
The posher the roastery, the more you want it
Cause you came from nothing
And you're out for the summit

So we go hard but it's softly, softly
And we're so scarred but it's not a problem
There's a lot of good reasons to stop what we're doing
But my disassociation means I've forgotten, hah
I'm overwhelmed and over diagnosed
And overexposed, I suppose
With all these letters we're dragging around
It's lucky I turned that MBE down
We just take it day by day
Staying doesn't mean you never want to run away

It means you weather it
Whether it's pleasure every minute
Or a bit of hard graft, grin hold fast

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