

# 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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