

ratings for your deteriorating mental health

90% happy?  
*needing subdued*

25-75% horny?  
*erratic, definitely not erotic*

slipping in and out of anger 50%?  
*wanting restrained*

can't pull it back?  
*emotionally labile*

decision made?  
*poor judgement*

starting to say what you think?  
*disinhibited*

talking quickly cause you're excited?  
*pressurised speech*

overflowing with joy, which slips into aggression when you see your abuser?  
*out of control...must be controlled*

found a plan of escape?  
*grandiose ideas*

labelled and categorised by a set of behaviours, but you don't agree?  
*you've got no insight*  
*(that's our fantastic Catch 22 trump card)*

on a train of thought we think is too fast?  
*we'll slow it down with heavy medication*

can't express your emotions satisfactorily?  
*we'll get rid of them for you*

plunged into depression, a chilly minus 40, with prescription drugs  
*it's better than this 'mania'*  
*(every time)*

can't smile or have expression on your face?  
*oh yes that's just a side effect*

lost your muscle tone? got jerky movements? hand tremors?  
*we call it Parkinsonism*

don't worry about it?  
*we think it's better than who you were*

to be blunt  
either way  
you're fucked  
Jo Beth Gray