

SALVATORE SORBELLO

ESCAPISM/SELF ADDRESSED

run a mile
 jump a leap
scream a screech
 crush a squeeze,
hide and peek.
forget yourself
 disappear.
picture a pain
 plan a dream
take a shower
 soap a sud
rub and scrub.
shake a bottle
 upside down
have a drink
 on the house.
get laughed
 throw a feel
cemented
 out of your head.
put on pyjamas
 inside out
throw a pillow
 on the couch
then think
 dozing off to sleep . . .