

Reflexive pronouns

5e Grammar

5 Read the theory.



Reflexive pronouns

singular	myself	yourself	himself/herself/itself
plural	ourselves	yourselves	themselves

We use reflexive pronouns:

- with the verbs *burn, cut, hurt, look at, teach*, etc when the subject and the object of the verb are the same. **Sally hurt herself** while playing hockey. (Sally hurt Sally.)
- with or without **by** to show that someone did something **on their own** or **without any help**. Chris installed the exercise machine **(by) himself**.
- in the phrases: *enjoy yourself, behave yourself, help yourself, be yourself, do it yourself*. **Help yourself to some fruit!**

Note!

We do not use reflexive pronouns with the verbs **meet, relax, concentrate** and **feel**. You should try to relax.

(NOT: ~~You should try to relax yourself.~~)

Reflexive pronouns



We use reflexive pronouns with verbs such as **behave, burn, cut, enjoy, hurt, introduce, kill, look at, teach**, etc, when the subject and the object of the verb are the same person.

I → myself
you → yourself
he → himself
she → herself
it → itself
we → ourselves
you → yourselves
they → themselves

She hurt herself.
(subject) (object)

Note: We do not use reflexive pronouns with the verbs **meet, relax, concentrate** and **feel**.



The girls are looking at themselves in the mirror.



Reflexive pronouns



We use reflexive pronouns with the expressions: **enjoy yourself** (have a good time), **behave yourself** (be good), **help yourself** (you're welcome to take something you want) **be yourself** (act naturally, according to your character), **do it yourself** (you personally and not anybody else)

I → myself
you → yourself
he → himself
she → herself
it → itself
we → ourselves
you → yourselves
they → themselves

She hurt herself.
(subject) (object)



Jack behave yourself!



Fill in the gaps with a reflexive pronoun where necessary. Put a dash (-) if a reflexive pronoun is not needed.

Reflexive pronouns

myself

yourself

himself

herself

itself

ourselves

yourselves

themselves

-

- 1 Harry is teaching _____ how to play the guitar.
- 2 Katie practised her tennis serve yesterday by _____.
- 3 Jake likes to relax _____ after a hard workout at the gym.
- 4 Sally and Mark prepared the salad _____.
- 5 Enjoy _____ at the football match, Alan!
- 6 Ben's in hospital. He hurt _____ while playing rugby.
- 7 I didn't help Beth with her homework. She did it all by _____.
- 8 Can you help me? I can't carry everything by _____.