

Language focus 1 Reflexive pronouns and *each other*

1 Complete the examples from the text.

- 1 They really respect and trust
- 2 Brooke is very determined and is very good at motivating
- 3 To be a world-class athlete of any kind, you have to push and train hard.

2 Look again at the examples in Exercise 1. Copy and complete the table and answer the questions.

subject pronoun	object pronoun	reflexive pronoun
I	me	myself
you	you	¹ /yourselves
he	him	himself
she	her	²
it	it	itself
we	us	ourselves
they	them	themselves

- 1 In sentence 1, who does Brooke trust? And who does her mother trust?
- 2 In sentence 2, who motivates Brooke?
- 3 In sentence 3, who pushes a world-class climber to work harder?

3 Match the beginnings and the ends of the sentences.

- 1 She looked at herself *c*
 - 2 They looked at each other
 - 3 She's very independent and
 - 4 The two sisters are great friends and
 - 5 My best friend moved away last year and I really miss her but
 - 6 He walked quickly down the street,
 - 7 We work really well together and
 - 8 Before an important climb, I always sit quietly on my own
- a she always looks after herself.
 - b talking quietly to himself.
 - c in the mirror as she practised her moves.
 - d we talk to each other online every day.
 - e and try to focus myself on the challenge.
 - f help each other to focus on our strengths.
 - g across the busy room and smiled.
 - h they always look after each other.

Get it right!

We write reflexive pronouns as one word.
yourself, themselves ✓
your-self, them-selves ✗
 But we write *each other* as two words.
each other ✓ *eachother* ✗

4 Complete the conversations with reflexive pronouns or *each other*. Then listen and check.

- 1 A: How's Matias? Did you see *each other* over the weekend?
 B: No, he's really busy preparing for the world championship. I never see him!
- 2 A: Did you ever ask why you love climbing so much?
 B: No, never, it's just part of me. But I do sometimes ask why I have to get out of bed so early to train every morning!
- 3 A: Did you and your family enjoy at the competition last week?
 B: Yes, it was great. My mum and my uncle hadn't seen for ages. It was really nice for them to be able to spend some time together.
- 4 A: Is Philly in school today? We were supposed to be seeing at lunchtime.
 B: She isn't here today. She hurt climbing.

Your turn

5 When was the last time you did these things? Make notes.

- hurt yourself
- taught yourself to do something new
- enjoyed yourself so much you didn't notice time passing
- found yourself in a difficult situation

6 Work with a partner. Discuss your ideas from Exercise 5.

I hurt myself quite badly last weekend when I fell off my bike.