

We use **reflexive pronouns** when the object is the same person/thing as the subject. We often use them with certain verbs.

I cut myself using that knife. (NOT ~~I cut me~~ ...)

Why are you looking at yourself in the mirror?

He tried to kill himself. (Different from He tried to kill him. = another person)

I wanted to pay for everyone, but Jessica paid for herself.

That cat is always washing itself.

We enjoyed ourselves at the club last night.

You boys will hurt yourselves if you jump out of that tree.

Surprisingly, all the children behaved themselves during the trip.



SPOTLIGHT reflexive verbs

Some languages use reflexive verbs more than English. Be careful not to make these mistakes:

- I like to relax myself/me.
- I feel myself/me very tired.
- Where shall we meet ourselves/us?

The following verbs and expressions are also used with reflexive pronouns:

If you're still hungry, just help yourself to more food. (= take what you want)

They're not in great health – they need to take care of themselves. (= look after themselves)

He's too emotional and he can't control himself. (= control his feelings)

I taught myself Italian. (= I worked alone without a teacher.)

It took her a few minutes to calm herself (down) after the argument. (= become quiet and relaxed)

1 Complete the correct reflexive pronoun.

- I decided to help myself.
- 1 She taught _____.
- 2 I think they hurt _____.
- 3 He can't take care of _____.

- 4 I told you to behave _____.
- 5 I just helped _____ to more chicken.
- 6 Don't worry, we can take care of _____.
- 7 You all enjoyed _____, didn't you?

2 Complete each dialogue.

- How did you learn the piano? ~ I just taught myself.
- 1 Will you look after Sacha? ~ No, she's old enough to take _____ of herself.
- 2 There's blood here. ~ I know. Ben _____ himself using the bread knife.
- 3 Can I buy you a drink? ~ No, it's OK, I'll _____ for myself.
- 4 Have you _____ yourself? ~ Yes, I banged my leg on the table, and it's very painful.
- 5 Did Ben shout at you? ~ Yes, he gets angry very easily and just can't _____ himself.
- 6 Remember, this is a very formal dinner. ~ Don't worry, I'll _____ myself.

3 Complete the sentences with the correct verb and reflexive pronoun.

- I go to parties, but I don't often really enjoy myself.
- 1 I go to a language class because I don't think I'd be very good at _____.
- 2 When I go to a restaurant with someone, I usually like to _____ for _____.
- 3 If I want to _____ down, I usually sit quietly and breathe deeply. _____.
- 4 I think I spend too much time _____ at _____ in the mirror. _____.
- 5 In my country, more young men are _____ in recent years. Is life harder than it used to be? _____.
- 6 In my country, young children don't always _____ in other people's houses. _____.

ABOUT YOU

4 ABOUT YOU Are the sentences in Exercise 3 true for you or your country? Write your answers, or talk to another student.



TEST YOURSELF