57 Using verbs with reflexive pronouns

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. ABOUT YOU

▶ 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. _____

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

LIVEWORKSHEETS