**REFLEXIVE PRONOUNS**

When the Subject and the Object in a sentence refer to the same person or thing we use a **Reflexive Pronoun**

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| **Subject****Pronouns** | **Reflexive****Pronouns** |
| **I** | **Myself** |
| **You**  | **Yourself** |
| **He** | **Himself** |
| **She** | **Herself** |
| **It** | **Itself** |
| **We**  | **Ourselves** |
| **You (pl)** | **Yourselves** |
| **They**  | **Themselves** |

**If you are using YOU in the plural, the reflexive pronoun is yourselves.**

Examples of sentences using reflexive pronouns:

* My daughter likes to dress herself without my help.
* I taught myself to play the guitar.
* My cat always licks itself.

### **When to use reflexive pronouns**

1. When the subject and the object refer to the same person or thing.

* He accidentally cut himself while he was chopping the vegetables.
* She bought a present for herself.
* We helped ourselves to the free drinks at the launch party.
* They injured themselves during the rugby match.
* I enjoyed myself at the concert.
* The dog is scratching itself – it must have fleas!

2. We use them for emphasis.

* The author signed the book for me herself!
* I did it myself.

3. In some cases we use it to have a similar meaning to also.

* Annabelle was pretty happy last night. I was pretty happy myself.

### **When NOT to use reflexive pronouns**

**1.** There are a number of verbs in English with which we rarely or never use reflexive pronouns (as they are in other languages).

They include: adapt, complain, concentrate, get up, hide, lie down, meet, move, relax, remember, shave, shower, sit down.

2. After a preposition of place or location we use a personal pronoun and not a reflexive pronoun.

* He put the backpack next to him.

### **Ourselves, Themselves and Each Other**

1. We use each other when two or more people or things perform the same action to the other.

* Our neighbors were shouting at each other all night.
* My brothers always compete with each other in sport.

2. Take note of the difference between these two sentences:

* Mark and Sarah killed themselves. (They each committed suicide).
* Mark and Sarah killed each other. (Mark killed Sarah and she killed Mark).