



How to use Reflexive pronouns



Reflexive pronouns are Myself / Yourself / Himself / Herself / Oneself / Itself / Ourselves / Yourselves / Themselves.

We use reflexive pronouns when the object and the subject of our sentence are the same.

“Please allow me to introduce **myself**.”

Reflexive Pronouns

Reflexive pronouns are an important part of English grammar. I communicate with people who use English as a second language every day. In Japan, there are a few common English mistakes that (almost) everyone makes. [Most or Almost? Your best guide \(16 real examples + Quiz\)](#) One that I often hear is:

“Please give a self-introduction.”

This is really unnatural, and native speakers never say this. It’s much better to use a reflexive pronoun and say this:

“Please introduce **yourself**.”

Learn how to use reflexive pronouns like Myself / Yourself / Himself / Herself etc. in natural English.

Reflexive Pronouns

<p>~self is for singular pronouns</p> <p>Myself / Yourself (1 person) Himself / Herself / Itself</p>	<p>~selves is for plural pronouns</p> <p>Ourselves / Yourselves (2 or more people) / Themselves</p>
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Here is a simple breakdown:

A reflexive pronoun ends with ~self or ~selves.

You can probably guess that ~**self** is for *singular* pronouns...

Myself / Yourself / Himself / Herself / Oneself / Itself

... and ~**selves** is for *plural* pronouns.

Ourselves / Yourselves / Themselves

*We use reflexive pronouns when the object and the subject of our sentence are the same.

Please look at the following examples.

- I just bought an iPad for my daughter to take to school. I saw that a tablet PC is very useful so I also bought one for **myself**.
(I bought an iPad for me, I am the subject and the object of the second clause.)
- Being with friends is nice, but sometimes Grace likes to be by **herself**.
(She likes to be alone sometimes, Grace is the subject and the object of the clause.)
- Look at this drawing! My 7-year-old son drew this **himself**! He's going to be a great artist one day!
(No one helped my son draw this picture.)
- A: "Can I have another sandwich?"
B: "Sure, help **yourself**."
- Welcome to the party everyone! Please enjoy **yourselves**.
(Plural, many people)
- My team didn't finish the project on time. We didn't take the job seriously and we have no one to blame but **ourselves**.
(We didn't complete the project and it's our fault.)
- Some people are very selfish and only think about **themselves**.
(They don't think about other people)

Reflexive Pronouns

A: Can I have another sandwich?

B: Sure, help yourself.

(Singular, one person)



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Reflexive pronouns grammar

We can use the Reflexive pronoun **themselves** when we talk about a situation where the person's gender (male or female) isn't known.

- Someone went into the staff fridge and helped **themselves** to my cherry pie! I was saving that!
**The gender of the person who took my pie is unknown. It could have been a man or a woman.*

We often use the phrase **oneself** when the person's gender (male or female) or number (how many people) *isn't known*.

- A famous actor said that reinventing **oneself** is an important part of performing.

[Third-Person Singular • Your complete Guide \(PDF + Quiz\)](#)

We also use **oneself** if the gender or number of people *isn't important* or more general like in the meanings of the expressions below.

Reflexive pronoun Expressions

1 – Do well for oneself

To find success financially and/or success in one's career.

Oliver just bought a new condo downtown. Those condos are expensive! He must be **doing well for himself** these days. **Oliver must be having some financial success. He seems to be making a lot of money.*

2 – Be oneself again OR Feel like oneself again

To return to one's normal physical or mental health after an illness or break.

After 2 months in the hospital and 6 weeks of therapy, I finally feel like **myself** again. **I feel like I'm returning to my normal condition after a long stay in the hospital.*

3 – Bring it on oneself

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To be the cause of one's own unfortunate situation

A: Curtis just went to the hospital again for a lung infection.

B: His health will get worse if he doesn't stop smoking. He smokes 3 packs a day so he **brings these problems on himself**. **Curtis is the cause of his own health problems because he is a smoker.*

4 – **Laugh or drink oneself silly.**

To a state of being so happy and excited that you cannot behave normally {due to laughter} or not being logical or able to think clearly {due to alcohol}

The movie was hilarious! I **laughed myself silly** for 90 minutes! **I laughed a lot.*

You look terrible this morning. I'm not surprised, you **drank yourself silly** last night at the party. You probably have a bad hangover. Well, you **brought it on yourself**.

Laugh and drink yourself silly are the most common verbs used in this expression, but **other verbs are also possible**.

A: Can I use the punching bag hanging in the basement?

B: Sure, **punch yourself silly**. **Use the punching bag as much as you like.*

5 – **Can barely hear (oneself) think**

Unable to concentrate or think clearly because there is too much noise or commotion around you.

Kids, can you go outside to play! I **can barely hear myself think** with all this noise.

Reflexive Pronoun Video

What's the video at the link below to review the grammar and improve your English listening skills.

[English Grammar - Reflexive Pronouns](#)