The reflexive pronouns are:

Singular:	myself - yourself - himself - herself - itself
Plural:	ourselves - yourselves - themselves

We use a reflexive pronoun:

• as a **direct object** when the **object** is the **same** as the **subject** of the verb:

I am teaching **myself** to play the piano.

Be careful with that knife. You might cut yourself.

We can use a reflexive pronoun as direct object with most transitive verbs, but these are the most common:

amuse	blame	cut	dry	enjoy	help
hurt	introduce	kill	prepare	satisfy	teach

Some verbs **change their meaning** slightly when they have a reflexive pronoun as direct object:

- Would you like to help yourself to another drink?
- = Would you like to take another drink.
- I wish the children would behave themselves.
- = I wish the children would behave well.
- He found himself lying by the side of the road.

- = He was surprised when he realised that he was at the side of the road.
- I saw myself as a famous actor.
- = I imagined that I was a famous actor.
- She applied herself to the job of mending the lights.
- = She worked very hard to mend the lights.
- He busied himself in the kitchen.
- = He worked busily in the kitchen.
- I had to content myself with a few Euros.
- = I had to be satisfied with a few Euros.

We do **not** use a reflexive pronoun after verbs which describe things people **usually** do for themselves, such as *wash*, *shave*, *dress*:

- He washed [himself] in cold water.
- He always shaved [himself] before going out in the evening.
- Michael dressed [himself] and got ready for the party.

We only use reflexives with these verbs for **emphasis**:

- He dressed himself in spite of his injuries.
- She's old enough to wash herself.
- As **indirect object** when the **indirect object** is the **same** as the **subject** of the verb:
  - Would you like to pour **yourself** a drink.
  - We've brought **ourselves** something to eat.
- As the object of a preposition when the object refers to the subject of the clause:

- They had to cook for themselves.
- He was feeling very sorry for himself.

# Warning But we use personal pronouns, not reflexives, after prepositions of place... He had a suitcase beside him. ...and after with when it means "accompanied by": She had a few friends with her.

We use a reflexive pronoun...

• with the preposition **by** when we want to show that someone did something alone and/or without any help:

He lived **by himself** in an enormous house.

She walked home **by herself**.

The children got dressed **by themselves**.

I prepared the whole meal **by myself**.

• to **emphasise** the person or thing we are referring to:

Kendal itself is quite a small town.

especially if we are talking about someone very famous:

**Sir Paul McCartney himself** sang the final song.

We often put the reflexive pronoun at the end of the clause when we are using it for emphasis:

I baked the bread **myself**.

She mended the car herself