

Myself/yourself/themselves etc.

A

Study this example:

Steve **introduced himself** to the other guests.We use **myself/yourself/himself** etc. (*reflexive pronouns*) when the *subject* and *object* are the same:

Steve	introduced	himself
<i>subject</i>		<i>object</i>

The reflexive pronouns are:

<i>singular:</i>	myself	yourself (<i>one person</i>)	himself/herself/itself
<i>plural:</i>	ourselves	yourselves (<i>more than one person</i>)	themselves

- ☐ I don't want you to pay for me. I'll pay for **myself**. (*not I'll pay for me*)
- ☐ Amy had a great holiday. **She** really enjoyed **herself**.
- ☐ Do **you** talk to **yourself** sometimes? (*said to one person*)
- ☐ If **you** want more to eat, help **yourselves**. (*said to more than one person*)

Compare:

- ☐ It's not our fault. **You** can't blame **us**.
- ☐ It's our own fault. **We** should blame **ourselves**.

B

We do not use **myself** etc. after **feel/relax/concentrate/meet**:

- ☐ I **feel** nervous. I can't **relax**.
- ☐ You must try and **concentrate**. (*not concentrate yourself*)
- ☐ What time shall we **meet**? (*not meet ourselves, not meet us*)

We normally use **wash/shave/dress** *without myself* etc. :

- ☐ He got up, **washed, shaved and dressed**. (*not washed himself etc.*)

You can also say **get dressed** (He **got dressed**).

C

Compare **-selves** and **each other**:

- ☐ Kate and Joe stood in front of the mirror and looked at **themselves**. (= *Kate and Joe looked at Kate and Joe*)
- ☐ Kate looked at Joe; Joe looked at Kate. They looked at **each other**.

themselves



each other

You can use **one another** instead of **each other**:

- ☐ How long have you and Ben known **each other**? or ... known **one another**?
- ☐ Sue and Alice don't like **each other**. or ... don't like **one another**.
- ☐ Do you and Sarah live near **each other**? or ... near **one another**?

D

We also use **myself/yourself** etc. in another way. For example:

- ☐ 'Who repaired your bike for you?' 'I repaired it **myself**.'

I repaired it myself = I repaired it, not anybody else. Here, **myself** is used to emphasise 'I' (= it makes it stronger). Some more examples:

- ☐ I'm not going to do your work for you. **You** can do it **yourself**. (= you, not me)
- ☐ **Let's** paint the house **ourselves**. It will be much cheaper.
- ☐ **The film itself** wasn't very good, but I loved the music.
- ☐ I don't think Lisa will get the job. **Lisa herself** doesn't think so. (or **Lisa** doesn't think so **herself**.)