

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

subject object

The reflexive pronouns are:

singular (- self)	myself	yourself (one person)	himself/herself/itself
plural (- selves)	ourselves	yourselves (more than one)	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:

- ☐ **Lisa** introduced **me** to the other guests.
- ☐ **I** introduced **myself** to the other guests.

B

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

- ☐ I **feel** nervous. I can't **relax**.
- ☐ You need to **concentrate**. (not concentrate yourself)
- ☐ What time shall we **meet** tomorrow?

Normally we do not use **myself** etc. after **wash/shave/dress**:

- ☐ 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 together looked at Kate and Joe)
- ☐ Kate looked at Joe, and 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 they live near **each other**? or ... near **one another**?

D

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

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

I repaired it myself = I repaired it, not another person. 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 she applied for. **Lisa** doesn't think so **herself**. or **Lisa herself** doesn't think so.

Exercises

82.1 Complete the sentences using **myself/yourself** etc. + these verbs (in the correct form):blame burn enjoy express hurt ~~introduce~~ put

- Steve introduced himself to the other guests at the party.
- Ben fell down some steps, but fortunately he didn't
- It isn't Sue's fault. She really shouldn't
- Please try and understand how I feel. You have to in my position.
- The children had a great time at the beach. They really
- Be careful! That pan is hot. Don't
- Sometimes I can't say exactly what I mean. I wish I could better.

82.2 Put in **myself/yourself/ourselves** etc. or **me/you/us** etc.

- Amy had a great holiday. She enjoyed herself.
- It's not my fault. You can't blame
- What I did was really bad. I'm ashamed of
- We have a problem. I hope you can help
- 'Can I take another biscuit?' 'Of course. Help!'
- I want you to meet Sarah. I'll introduce to her.
- Don't worry about us. We can take care of
- Don't worry about the children. I'll take care of
- I gave them a key to our house so that they could let in.

82.3 Complete these sentences. Use **myself/yourself** etc. where necessary. Choose from:concentrate defend dry ~~enjoy~~ feel meet relax ~~shave~~

- Neil grew a beard because he was fed up with shaving.
- Amy had a great holiday. She enjoyed herself.
- I wasn't very well yesterday, but I much better today.
- I climbed out of the swimming pool and with a towel.
- I tried to study, but I couldn't
- If somebody attacks you, you have the right to
- I'm going out with Chris this evening. We're at 7.30.
- You're always rushing. Why don't you sit down and?

82.4 Complete the sentences with **ourselves/themselves** or **each other**.

- How long have you and Ben known each other?
- If people work too hard, they can make ill.
- I need you and you need me. We need
- In Britain friends often give presents at Christmas.
- Some people are selfish. They only think of
- Tracy and I don't see very often these days.
- We couldn't get back into the house. We had locked out.
- They've had an argument. Now they're not speaking to
- We'd never met before, so we introduced to

82.5 Complete the sentences using **myself/yourself** etc. Use the verb in brackets.

- 'Who repaired the bike for you?' 'Nobody. I repaired it myself.' (repair)
- I didn't buy this cake from a shop. I (make)
- 'Who told you Laura was going away?' 'Laura (tell)
- I don't know what they're going to do. I don't think they (know)
- 'Who cuts Paul's hair for him?' 'Nobody. He (cut)
- 'Can you phone Sam for me?' 'Why can't you?' (do)