

# Reflexive Pronouns

**Point 1:** Reflexive pronouns appear when the object pronoun is the same as the subject pronoun.

1. I told **myself** a lie.
2. You are too hard on **yourself**.
3. She is too critical of **herself**.
4. He sent **himself** a copy by email.
5. The batter charges **itself**.
6. You guys always outdo **yourselves**.
7. They always talk about **themselves**.
8. We are disappointed in **ourselves**.

**Point 2:** The reflexive pronoun can only be the object of a verb or a preposition.

## After Verb

1. I hate myself for eating that cake.
2. She hurt herself playing hockey.

## After Preposition

1. He is very demanding of himself.
2. She took a photo of herself.

**Point 3:** Notice that singular pronouns and plural pronouns have different spellings (-self vs. selves)

1. He loves to be by himself.
2. A gym membership pays for itself in health benefits.
3. They often argue amongst themselves.
4. We found ourselves in big trouble!

**Point 4:** The pronoun "you" can be both singular and plural, so it has two different spellings for reflexive pronouns.

## Talking to one person

1. Help yourself.
2. Give yourself enough time to get there.

## Talking to more than one person

1. Help yourselves.
2. Give yourselves enough time to get there.

**Point 5:** The reflexive pronoun is used in many idiomatic expressions.

1. You outdid yourself. (You did an amazing job!)
2. I treated myself to a new coat. (I bought a gift for myself)
3. I live by myself. (I live alone)
4. Don't hurt yourself. (Be careful)

**Point 6:** The pronoun "oneself" is used to talk about people in general when there is no specific person to reference.

1. Be good to oneself.
2. It is important to love oneself.
3. It is never good to be hard on oneself.
4. It is vital to take care of oneself.

## Reflexive Pronouns

Read and listen to four conversations using the grammar.

Conversation 1 | [PDF Worksheet](#)

**Man:** What are you doing?

**Woman:** I'm trying to learn yoga.

**Man:** Well, be careful. Don't hurt *yourself*.

**Woman:** I won't. I'm taking it slow.

**Man:** Why don't you take a class or watch a video?

**Woman:** No, I'd rather teach *myself*. I like learning things on my own.

**Man:** Suit yourself.

Conversation 2 | [PDF Worksheet](#)

**Man:** So, where are you living these days?

**Woman:** I live near the beach.

**Man:** Oh, rent is so expensive there. Do you have a roommate?

**Woman:** No, I live by *myself*.

**Man:** Wow! That must be so nice to live by the beach.

**Woman:** It is. When I saw the apartment, I told *myself* I had to get it, no matter the cost.

**Man:** That must cost a lot.

**Woman:** Not really. Because it is near the beach and my work, I no longer need a car, so I save a lot of money on transportation.

**Man:** Well, that must be nice.

**Woman:** Yeah, in a way, the apartment pays for *itself*.

### Conversation 3 | [PDF Worksheet](#)

**Man:** Can I have another cookie?

**Woman:** By all means. Help **yourself**.

**Man:** These are so good. Did you buy them?

**Woman:** Oh, heaven's no! I made them **myself**.

**Man:** Wow, well, you outdid **yourself**. These are delicious.

**Woman:** Well, I'm glad you like them.

### Conversation 4 | [PDF Worksheet](#)

**Woman:** What did you buy at the store?

**Man:** I bought myself a new watch.

**Woman:** Oh, cool. What can it do?

**Man:** Well, it can monitor my sleep, and it never needs batteries.

**Woman:** It doesn't need batteries! How does it do that?

**Man:** It recharges **itself** using solar power.

**Woman:** Wow, I need to get a watch like that.

**Man:** You should. Sometimes we need to treat **ourselves** to something nice.

**Woman:** I like how you think.

## Quiz

*Answer these questions about the interview.*

1) What does the man suggest?

- a) **She watches a video.**
- b) She learns yoga herself.

2) How does the apartment pay for itself?

- a) She can save on electricity.
- b) **She can save on transportation.**

3) What does the woman say about the cookies?

- a) She outdid herself.
- b) **She made them herself.**

4) What can the watch do?

- a) Pay for itself
- b) **Recharge itself**

**Gap Fill:** Listen to the audio. Type in the correct word!

### Conversation 1

**Man:** What are you **doingdone**?

**Woman:** I'm trying to **learnlearning** yoga.

**Man:** Well, be careful. Don't **hurtshurt** yourself.

**Woman:** I won't. I'm taking it **slowerslow**.

**Man:** Why don't you take a class or watch **athe** video?

**Woman:** No, I'd rather teach **myselfyourself**. I like learning things on my own.

**Man:** **SuitSuits** yourself.

### Conversation 2

**Man:** So, where are you living **thosethese** days?

**Woman:** I live **nearbynear** the beach.

**Man:** Oh, rent is so expensive there. Do you have a **roommateroommates**?

**Woman:** No, I live by **ourselvesmyself**.

**Man:** Wow! That must be so nice to live **inby** the beach.

**Woman:** It is. When I saw the apartment, I told myself I had to get it, no matter the **costcosts**.

**Man:** That must cost a **letlot**.

**Woman:** Not really. Because it is near the beach and my work, I no **longlonger** need a car, so I save a lot of money **onin** transportation.

**Man:** Well, that must be **nicehappy**.

**Woman:** Yeah, in a way, the apartment pays for **itselfmyself**.

### Conversation 3

**Man:** Can I have **anotherother** cookie?

**Woman:** By all means. Help **myselfyourself**.

**Man:** These are so good. Did you buy **theyyourself**?

**Woman:** Oh, heaven's no! I made them **yourselmyself**.

**Man:** Wow, well, you outdid **yourselourselves**. These are delicious.

**Woman:** Well, I'm glad you like **themit**.

### Conversation 4

**Woman:** What did you buy at the **storestores**?

**Man:** I bought myself a new **watcheswatch**.

**Woman:** Oh, cool. **WhatHow** can it do?

**Man:** Well, it can monitor my sleep, and it never needs **batteriesbattery**.

**Woman:** It doesn't need batteries! How does it do **itthat**?

**Man:** It recharges itself **usesusing** solar power.

**Woman:** Wow, I need to get a watch like **thatit**.

**Man:** You should. Sometimes we need to treat **myselfourselves** to something nice.

**Woman:** I like **whathow** you think.

## Corporate Terminology - Meetings and Presentations

### **Handout:**

A document given to the participants of a meeting or an audience to follow along or to provide additional details.

"The handout was very detailed."

"The handout offered a comprehensive overview of the subject."

### **Pitch:**

A persuasive speech intended to convince someone.

"I didn't understand the final pitch in the presentation."

"I'm struggling to grasp the main takeaway from the final pitch."

### **Kick-off Meeting**

The meeting that takes place to start a project.

"We are inviting all project stakeholders to our kick-off meeting taking place at the Calgary TELUS Convention Centre on November 11 and 12."

"We are pleased to invite all project stakeholders to our project kick-off meeting. Please join us at the Calgary TELUS Convention Centre on November 11 and 12 to establish our shared direction".

## **Collaborative**

Work Together.

“Highly productive teams engage in highly collaborative meetings.”

“Collaborative environments lead to more integrated and productive teams.”