Reflexive Pronouns — Worksheet

30 exercises · Level A1–A2 · Answer key on the last page Free for classroom use

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Name _____ Class _____ Date _____

Choose the correct option (a–d) for each gap or question. Check yourself with the answer key on the last page.

1. I cut _____ while I was chopping onions for dinner.
   a) me b) myself c) myselves d) yourself

2. Sam fell off his bike, but luckily he didn't hurt _____.
   a) hisself b) herself c) themselves d) himself

3. Emma taught _____ to play the guitar by watching videos online.
   a) herself b) himself c) herselves d) hers

4. The heater switches _____ off after two hours, so it's safe to leave on at night.
   a) it's self b) themselves c) itself d) himself

5. We looked at _____ in the mirror and laughed at our wet hair.
   a) ourselves b) us c) ourself d) ourselfs

6. The players were proud of _____ after their first win of the season.
   a) theirselves b) themself c) themselves d) themselfs

7. Dan, why are you talking to _____? Are you practising your speech?
   a) yourself b) yourselves c) you d) yourselfs

8. Well done, girls — you should both be proud of _____.
   a) yourself b) yourselves c) you d) ourselves

9. My brother and I painted the whole house _____ — it took us a month.
   a) myself b) themselves c) ourselves d) ourself

10. Careful, Ella — that pan is really hot, so don't burn _____!
    a) you b) yourselfs c) myself d) yourself

11. My grandfather is eighty-five, but he still lives by _____.
    a) himself b) his own c) alone d) hisself

12. Nobody helped me with the new shelves — I put them up _____ myself.
    a) on b) with c) from d) by

13. This bread is delicious! Did you bake it _____?
    a) you b) yourself c) by you d) your own

14. I wanted to speak to the boss _____, not to his assistant.
    a) himself b) him c) hisself d) itself

15. We had a great time at the festival — we really enjoyed _____.

a) — b) us c) ourselves d) ourself

16. Hello, everyone. Let me introduce _____ — I'm Ana, your new English teacher.

a) myself b) me c) I d) mine

17. I often _____ sleepy after a big lunch.

a) feel myself b) feel c) feel me d) feeling

18. It's so noisy in this office that I can't _____.

a) concentrate myself b) concentrate me c) concentrating d) concentrate

19. Let's _____ outside the library at half past six.

a) meet us b) meet ourselves c) meet d) meeting

20. I _____ quickly and ran to catch the bus.

a) dressed me b) got dressed me c) got dress d) got dressed

21. My cousins live in different countries, so they rarely see _____.

a) themselves b) each other c) theirselves d) each others

22. Many people sing to _____ when they are driving alone.

a) each other b) theirselves c) themself d) themselves

23. Anna and I _____ at a concert, and now we visit _____ every summer.

a) met ourselves … each other b) met … each other c) met … ourselves d) met us … ourselves

24. I didn't make this cake _____ — my sister made it for _____.

a) me … myself b) myself … myself c) myself … me d) me … me

25. Tom, help _____ to salad — you two can help _____ too.

a) yourselves … yourself b) yourself … yourself c) you … yourselves d) yourself … yourselves

26. Which sentence is correct?

a) I can't remember myself his name.
b) I can't remember his name.
c) I can't remember me his name.
d) I can't remind his name.

27. Which sentence is correct?

a) The boys made theirselves some sandwiches.
b) The boys made themself some sandwiches.
c) The boys made themselfs some sandwiches.
d) The boys made themselves some sandwiches.

28. Which sentence is correct in form and meaning?

a) The two captains shook hands with each other.
b) The two captains shook hands with themselves.
c) The two captains shook hands with each others.
d) The two captains shook hands with theirselves.

29. Which question is correct?

a) Could you help myself with this heavy box?
b) Could you help to me with this heavy box?
c) Could you help me with this heavy box?
d) Could you help mine with this heavy box?

30. Which sentence is correct?

a) She travelled around Asia by her own.
b) She travelled around Asia by herself.
c) She travelled around Asia by her.
d) She travelled around Asia on herself.

Answer Key

Reflexive Pronouns · Explanations are shortened — the full interactive version is at gramvoy.com/exercises/reflexive-pronouns/

1. b) myself

The person who did the cutting and the person who got hurt are the same — I — so the reflexive myself.

2. d) himself

The subject he is also the object, so himself.

3. a) herself

Emma was both the teacher and the learner, so the reflexive for she: herself.

4. c) itself

For a thing, the reflexive is itself: the heater switches itself off, with nobody's help.

5. a) ourselves

We looked at our own reflection, so the reflexive for we: ourselves.

6. c) themselves

The players are they, so themselves, built on them.

7. a) yourself

Dan is one person, so yourself; yourselves is for two or more.

8. b) yourselves

Girls and both show more than one person, so the plural yourselves.

9. c) ourselves

My brother and I = we, so the reflexive is ourselves: we did it, nobody else.

10. d) yourself

An instruction to Ella has the hidden subject you, and she is one person, so yourself.

11. a) himself

By + a reflexive means alone: by himself = on his own.

12. d) by

Nobody helped me gives the meaning — without help — and that is by myself.

13. b) yourself

A reflexive after the object stresses who did it — you, not a shop: Did you bake it yourself?

14. a) himself

Himself after a noun adds emphasis: the boss and not another person.

15. c) ourselves

Enjoy needs an object, and enjoy yourself means have a good time; with we it is ourselves.

16. a) myself

In Let me introduce… the speaker introduces the speaker, so the reflexive myself.

17. b) feel

With an adjective, feel takes no reflexive in English: I often feel sleepy.

18. d) concentrate

Concentrate takes no reflexive in English: I can't concentrate.

19. c) meet

When people come together, meet needs no pronoun: Let's meet.

20. d) got dressed

Putting on your clothes is usually get dressed in English, with no pronoun: I got dressed.

21. b) each other

Each cousin rarely sees the other, so each other (A sees B, B sees A).

22. d) themselves

Driving alone means nobody else is in the car, so each person sings to himself or herself: themselves.

23. b) met … each other

Meet takes no reflexive (we met), and when each person visits the other, use each other.

24. c) myself … me

In the first part the subject is I, so the emphatic myself; in the second the subject is my sister, so the object is plain me.

25. d) yourself … yourselves

Tom is one person, so help yourself; you two are two people, so can help yourselves.

26. b) I can't remember his name.

Remember takes no reflexive in English: I can't remember his name.

27. d) The boys made themselves some sandwiches.

The boys are they, so themselves: them + -selves.

28. a) The two captains shook hands with each other.

Each captain shook hands with the other, so each other.

29. c) Could you help me with this heavy box?

You do the helping, so the object is the ordinary pronoun me.

30. b) She travelled around Asia by herself.

By + a reflexive means alone: by herself = on her own.