



# Reflexive Pronouns:

## Reflexive Pronoun Uses: By Myself, Emphatic & Expressions

Fill in the blank with the correct option.

1. She lives by \_\_\_ in a small flat near the station.  
a) herself  
b) itself  
c) himself  
d) myself
2. The children made the cake by \_\_\_\_. No one helped them.  
a) ourselves  
b) yourself  
c) themselves  
d) herself
3. I spoke to the manager \_\_\_ — not his assistant. He promised to fix the problem.  
a) myself  
b) itself  
c) himself  
d) herself
4. Come in and make \_\_\_ at home. Can I get you a drink?  
a) himself  
b) yourself  
c) themselves  
d) myself
5. He's very shy and finds it hard to \_\_\_ clearly in meetings.  
a) express himself  
b) express  
c) express myself  
d) express herself
6. We painted the house by \_\_\_\_. It took us three weekends.  
a) themselves  
b) myself  
c) yourself  
d) ourselves
7. The president \_\_\_ attended the opening ceremony.  
a) himself  
b) yourselves  
c) themselves  
d) ourselves
8. Don't worry — just \_\_\_ and the answer will come to you.  
a) concentrate yourself  
b) concentrate  
c) concentrate myself  
d) concentrate himself
9. Please help \_\_\_ to some coffee. The cups are on the table.  
a) himself  
b) myself  
c) yourself  
d) themselves
10. I can't go to the cinema tonight. I need to \_\_\_ for the test.  
a) prepare herself  
b) prepare himself  
c) prepare myself  
d) prepare yourself





## Answers

1. a) herself
2. c) themselves
3. c) himself
4. b) yourself
5. a) express himself
6. d) ourselves
7. a) himself
8. b) concentrate
9. c) yourself
10. c) prepare myself
11. d) himself
12. d) itself
13. b) introduced herself
14. d) himself
15. d) myself
16. b) focus
17. c) herself
18. a) myself
19. b) themselves
20. a) yourself



# Explanations

## 1. “herself” (a)

'By herself' means 'alone'. The subject is 'she', so the reflexive pronoun is 'herself'.

## 2. “themselves” (c)

'By themselves' means 'without any help'. 'The children' is plural (they), so the reflexive pronoun is 'themselves'.

## 3. “himself” (c)

This is the emphatic use. 'The manager himself' emphasises that it was the manager in person, not his assistant or someone else.

## 4. “yourself” (b)

'Make yourself at home' is a fixed expression meaning 'relax and feel comfortable'. The speaker is talking to one person (you).

## 5. “express himself” (a)

'Express' needs a reflexive pronoun when it means 'to communicate your thoughts'. The subject is 'he', so we say 'express himself'. You cannot say 'express' alone in this meaning.

## 6. “ourselves” (d)

'By ourselves' means 'without hiring anyone to help'. The subject is 'we', so the reflexive pronoun is 'ourselves'.

## 7. “himself” (a)

This is the emphatic use. 'The president himself' stresses that the president came in person, which is surprising or impressive.

## 8. “concentrate” (b)

'Concentrate' does not take a reflexive pronoun in English. We say 'just concentrate', NOT 'concentrate yourself'.

## 9. “yourself” (c)

'Help yourself to something' is a fixed expression meaning 'take what you want'. The speaker is addressing one person.

## 10. “prepare myself” (c)

'Prepare myself' is correct here — the subject 'I' is getting ready. The other options all use wrong pronouns that don't match the subject 'I'.

## 11. “himself” (d)

'By himself' means 'without help'. 'My son' is male, so the reflexive pronoun is 'himself'.

## 12. “itself” (d)

This is the emphatic use. 'The town itself' emphasises the town specifically, as opposed to its surroundings.

## 13. “introduced herself” (b)

'Introduce' needs a reflexive pronoun when you are telling someone your name. The subject is 'she', so we say 'introduced herself'. You cannot say 'introduced' alone here.

## 14. “himself” (d)

'Find yourself in a situation' is a fixed expression meaning 'to unexpectedly be in a situation'. The subject is 'he', so we use 'himself'.

**15. “myself” (d)**

'By myself' means 'alone, without help'. The subject is 'I', so the reflexive pronoun is 'myself'.

**16. “focus” (b)**

'Focus' does not take a reflexive pronoun in English. We say 'we need to focus', NOT 'focus ourselves'.

**17. “herself” (c)**

'Pride yourself on something' is a fixed expression meaning 'to feel proud about something'. The subject is 'she', so we use 'herself'.

**18. “myself” (a)**

This is the emphatic use. 'I myself' stresses that even the speaker doesn't understand, implying others probably don't either.

**19. “themselves” (b)**

'Look after yourself/themselves' means 'to take care of yourself'. 'The children' is plural (they), so we use 'themselves'.

**20. “yourself” (a)**

'Let yourself in' means 'enter by yourself without someone opening the door for you'. The subject is 'you' (singular).