

# Reflexive and Emphatic Pronouns in English

## Practice Worksheet with Answer Key

<b>Name:</b>	<b>Date:</b>	<b>Level:</b>
		B2-C1

**Instructions:** Complete the exercises below. Pay attention to the difference between reflexive pronouns (the action returns to the subject) and emphatic pronouns (used for emphasis).

**Target language:** myself, yourself, himself, herself, itself, ourselves, yourselves, themselves, oneself

### Exercise 1 — Reflexive or Emphatic?

Write *R* for reflexive and *E* for emphatic. Then underline the pronoun.

- Sarah taught herself to play the piano.
- The head teacher herself welcomed the new students.
- I blamed myself for forgetting the keys.
- We painted the whole kitchen ourselves.
- He introduced himself very confidently.
- The children enjoyed themselves at the museum.
- The author herself signed my copy of the book.
- You should ask yourself that question first.
- Tom fixed the bike himself.
- They prepared themselves for the interview.

### Exercise 2 — Complete the Sentences

Fill each gap with the correct reflexive or emphatic pronoun.

- Be careful with that hot pan or you'll burn \_\_\_\_\_.
- The twins designed the costumes \_\_\_\_\_ without any help.
- I didn't enjoy \_\_\_\_\_ at the party because I hardly knew anyone.
- The minister \_\_\_\_\_ announced the decision.
- We told \_\_\_\_\_ to stay calm and keep working.
- She was talking quietly to \_\_\_\_\_ while she cooked.
- Did you make this cake all by \_\_\_\_\_?
- After the illness, he did not quite feel like \_\_\_\_\_.
- You children must behave \_\_\_\_\_ in the library.
- One should always ask \_\_\_\_\_ whether a decision is fair.

### Exercise 3 — Idiomatic Expressions

Use each expression once:

*enjoy yourself • help yourself • behave yourself • keep it to yourself • make yourself at home • make yourself heard • by herself • tie himself in knots*

1. There is tea, coffee and cake on the table, so please \_\_\_\_\_.
2. If Mia wants a quiet evening, she is perfectly happy spending time \_\_\_\_\_.
3. The music was so loud that Jake had to shout to \_\_\_\_\_.
4. When Daniel is nervous in oral exams, he tends to \_\_\_\_\_.
5. Welcome! Come in and \_\_\_\_\_ while I finish dinner.
6. I hope you \_\_\_\_\_ on holiday and get some proper rest.
7. If Leo told you a secret, you should \_\_\_\_\_.
8. The children were excited, but the teacher told them to \_\_\_\_\_.

### Exercise 4 — Correct the Mistake

*Each sentence contains one mistake. Rewrite the sentence correctly.*

1. There was a tall man standing behind himself.
2. Emma herselfs wrote the entire report.
3. Please, make you at home.
4. I looked at myself in front of the mirror and laughed.
5. After the bad news, she did not seem like herself.
6. The boys enjoyed theirselves during the school trip.
7. Peter always ties himself into knots when he talks to the manager.
8. The director announced the change by himself to emphasise her authority.

### Exercise 5 — Rewrite for Meaning

*Rewrite each sentence using the word(s) in brackets. Do not change the meaning.*

1. Lucy completed the project without any help. (herself)
2. I think you should remain alone for a while. (by yourself)
3. The actor personally thanked the audience. (himself)
4. We really had a good time at the wedding. (ourselves)
5. The child said his name to the class. (introduced)
6. Please take some fruit if you want some. (help yourself)

### Exercise 6 — Short Writing

*Write 5–6 sentences about a time when you had to do something yourself, enjoy yourself, or keep something to yourself. Use at least four reflexive or emphatic pronouns.*

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## Answer Key

### Exercise 1

Item	Answer
1	R — herself
2	E — herself
3	R — myself
4	E — ourselves
5	R — himself
6	R — themselves
7	E — herself
8	R — yourself
9	E — himself
10	R — themselves

### Exercise 2

Item	Answer
1	yourself
2	themselves
3	myself
4	herself
5	ourselves
6	herself
7	yourself
8	himself
9	yourselves
10	oneself

**Exercise 3**

Item	Answer
1	help yourself
2	by herself
3	make himself heard
4	tie himself in knots
5	make yourself at home
6	enjoy yourself
7	keep it to yourself
8	behave yourselves

**Exercise 4 — Suggested answers**

Item	Answer
1	There was a tall man standing behind him.
2	Emma herself wrote the entire report.
3	Please, make yourself at home.
4	I looked at myself in the mirror and laughed.
5	After the bad news, she did not seem herself.
6	The boys enjoyed themselves during the school trip.
7	Peter always ties himself in knots when he talks to the manager.
8	The director herself announced the change to emphasise her authority.

**Exercise 5 — Suggested answers**

Item	Answer
1	Lucy completed the project herself.
2	I think you should stay by yourself for a while.

Item	Answer
3	The actor himself thanked the audience.
4	We really enjoyed ourselves at the wedding.
5	The child introduced himself to the class.
6	Please help yourself to some fruit.

### Exercise 6

**Open answer.** Check that the learner uses at least four correct reflexive or emphatic pronouns and that the sentences are clear and grammatical.

**Teaching note:** You can use Exercises 1–3 for guided practice, Exercise 4 for error correction, Exercise 5 for transformation practice, and Exercise 6 for freer production.