

Reflexive and Intensive Pronouns

A **reflexive pronoun** ends with –self and –selves and refers to the subject of the sentence. In a sentence with a reflexive pronoun, the action of the verb returns to the subject.

Participants push **themselves** to the limits.
I saw **myself** in my dreams.

An **intensive pronoun** uses a reflexive pronoun to add emphasis to the subject of the sentence. You'll usually find the intensive pronoun right after the noun or pronoun it's modifying, but not necessarily.

Did you **yourself** make the cake?
I **myself** am tired of doing homework.
My sister made the bread **herself**.

The way to identify an intensive pronoun is to remove it from the sentence; if it's an intensive pronoun, the sentence will still make sense. If the sentence no longer makes sense, it's a reflexive pronoun.

Reflexive & Intensive Examples:

- Alison still does not trust **herself**.
 - If you remove the pronoun, the sentence does not make sense. Therefore, herself is a **reflexive pronoun**.
- Did you **yourself** make the cake?
 - If you remove the pronoun yourself, the sentence still makes sense. Therefore, yourself is an **intensive pronoun**.

Subject	Reflexive/Intensive Pronoun
I	myself
you	yourself
he	himself
she	herself
it	itself
we	ourselves
you (plural)	yourselves
they	themselves

Reflexive & Intensive Pronouns Practice

Identifying Reflexive Pronouns

Directions: Circle the reflexive pronoun in each sentence below.

1. Make sure to remind yourself of the things you need to do.
2. She thought to herself while she was in the library.
3. I saw myself in the mirror.
4. We blamed ourselves for the mistake.
5. Can you help yourselves?
6. They cannot look after themselves.

Identifying Intensive Pronouns

Directions: Circle the intensive pronoun in each sentence below.

1. Did you yourself make the dinner?
2. I myself like to take walks after breakfast.
3. She herself did a great job on setting up the party.
4. Leave it alone! I will do it myself.
5. Did you discover that yourself?
6. I myself feel like I did a great job.

Reflexive or Intensive Pronoun

Directions: Write an "R" on the line if the pronoun in the sentence is **reflexive**.

Write an "I" on the line if the pronoun is **intensive**.

- _____ 1. We ourselves made sure to be on time.
- _____ 2. I bought a gift for myself.
- _____ 3. Why do you blame yourself for everything?
- _____ 4. You yourself need to be more careful.
- _____ 5. They themselves are ready for the game.