By Myself or Together? Reflexive Pronouns and Each Other

Level: B1 · myself, yourself, themselves... · by + reflexive · each other / one another

1 Warm-up

Which do you prefer? Say why.

- travelling alone OR travelling with friends
- studying by yourself OR studying in a group
- fixing something yourself OR paying someone to fix it

2 The rules

Use	Example
The subject and object are the same person	She taught herself Italian.
by + reflexive = alone, without help	I built the shelf by myself.
Emphasis: that person and nobody else	The CEO answered the email herself.
each other / one another = two or more people do it to the other(s)	We send each other memes every day.
Some verbs don't take a reflexive in English	I relaxed. (not relaxed myself) · I feel tired. · We met at 9.

Pronouns

myself · yourself · himself · herself · itself · ourselves · yourselves · themselves

3 Choose the correct option

1 My brother and I phone (ourselves / each other) every Sunday.

2 Be careful with that knife! Don't cut (you / yourself).

3 The printer switches (itself / it) off after ten minutes.

4 Did you two paint the kitchen (yourself / yourselves)?

5 After the meeting, we went home and (relaxed / relaxed ourselves).

6 We introduced (ourselves / us) to the new manager at the start of the meeting.

7 Nobody helped him. He did it by (him / himself).

8 Ana and Luis met (themselves / each other) at university.

4 Complete with a reflexive pronoun or each other

1 I made a mistake, but I'm trying not to be too hard on _____.

2 The children enjoyed _____ at the party.

3 My colleagues and I help _____ when someone is busy.

4 Please help _____ to coffee and biscuits, everyone.

5 The software updates _____ every night.

5 Alone or together? Debate

Student A says why it's better to do the activity alone. Student B says why it's better with other people. Use at least one reflexive pronoun and each other in every answer.

- cooking a big dinner
- learning a language
- going to the gym
- planning a holiday
- starting a business

Answer key

By Myself or Together? Reflexive Pronouns and Each Other

3 Choose the correct option

1 each other
2 yourself
3 itself
4 yourselves
5 relaxed
6 ourselves
7 himself
8 each other

4 Complete

1 myself
2 themselves
3 each other
4 yourselves
5 itself

Free to print and use with your own learners. Please share a link to livinwithme.net rather than the file itself. More free lessons and the full Business English course: livinwithme.net/learn-english/