

Reflexive and intensive pronouns are the words *myself*, *yourself*, *himself*, *herself*, *itself*, *ourselves*, *yourselves*, *themselves*. These words are classified or grouped as reflexive depending on how they are used in sentences. In the examples below the reflexive and intensive pronouns are in italics.

Reflexive pronouns refer back to the subject of a sentence:

- I gave *myself* plenty of time to get to work.
- You should let *yourself* into the house.
- Jim bought *himself* a shirt.
- Jill read to *herself*.
- The dog scratched *itself*.
- We treated *ourselves* to pizza.
- You can make *yourselves* at home.
- The children are able to dress *themselves*.

Intensive pronouns are the same words used to emphasize the subject of the sentence. Intensive pronouns usually appear right near the subject of the sentence.

- I *myself* am sick of the heat.
- You *yourself* are responsible for this mess!
- The president *himself* appeared at the rally.
- The actress *herself* wrote those lines.
- The cat *itself* caught the mouse.
- We *ourselves* made the meal.
- You *yourselves* can win this game.
- The troops *themselves* helped the people escape the burning building.