



Reflexive Pronoun or Object Pronoun? Exercise

Choose either an object pronoun or a reflexive pronoun.

1. John looked at **him** / **himself**. (John looked at William.)
2. I often remind **me** / **myself** to stay calm.
3. Julie distracted **her** / **herself** while she waited for the doctor. (Julie distracted Julie.)
4. They congratulated **them** / **themselves**. (They congratulated the winners.)
5. James forgot to set his alarm so he blamed **him** / **himself** for being late.
6. The teacher helped **them** / **themselves** with the project. (The teacher helped the students.)
7. We told **us** / **ourselves** to be patient – we only had to wait an hour.
8. You can trust **me** / **myself** to handle the situation.
9. My brother pushed **him** / **himself** too hard at the gym, so today he needs to rest.
10. I asked **her** / **herself** to join us for dinner. (I asked Lucy.)
11. The children entertained **them** / **themselves** by playing video games.
12. They didn't have a piano teacher, so they motivated **them** / **themselves** to practise every day.
13. He invited **them** / **themselves** to his house for dinner.
14. They cuddled **us** / **ourselves**. (Our grandparents cuddled us).
15. I bought **me** / **myself** a new jacket for my birthday.
16. John reminded **them** / **themselves** to stay hydrated during the hike.
17. They challenged **me** / **myself** to complete the puzzle in under five minutes.
18. He encouraged **us** / **ourselves** to ask questions in class.
19. The dog amused **it** / **itself** by chasing its tail.
20. I convinced **me** / **myself** to try a new recipe.



Answers:

1. John looked at **him**. (object pronoun)
2. I often remind **myself** to stay calm. (reflexive pronoun)
3. Julie distracted **herself** while she waited for the doctor. (reflexive pronoun)
4. They congratulated **them**. (object pronoun)
5. James forgot to set his alarm so he blamed **himself** for being late. (reflexive pronoun)
6. The teacher helped **them** with the project. (object pronoun)
7. We told **ourselves** to be patient – we only had to wait an hour. (reflexive pronoun)
8. You can trust **me** to handle the situation. (object pronoun)
9. My brother pushed **himself** too hard at the gym, so today he needs to rest. (reflexive pronoun)
10. I asked **her** to join us for dinner. (object pronoun)
11. The children entertained **themselves** by playing video games. (reflexive pronoun)
12. They didn't have a piano teacher, so they motivated **themselves** to practise every day. (reflexive pronoun)
13. He invited **them** to his house for dinner. (object pronoun)
14. They cuddled **us / ourselves**. (object pronoun)
15. I bought **myself** a new jacket for my birthday. (reflexive pronoun)
16. John reminded **them** to stay hydrated during the hike. (object pronoun)
17. They challenged **me** to complete the puzzle in under five minutes. (object pronoun)
18. He encouraged **us** to ask questions in class. (object pronoun)
19. The dog amused **itself** by chasing its tail. (reflexive pronoun)
20. I convinced **myself** to try a new recipe. (reflexive pronoun)