



Pronoun

Conj. Verb

Me levanto

Pronoun

Conj. Verb

Te vistes



SPANISH REFLEXIVE PRONOUNS

CHARTS, USES QUIZ & EXAMPLES



Se pone

Pronoun

Conj. verb

Os ponéis

Pronoun

Conj. verb



CHART OF REFLEXIVE PRONOUNS IN SPANISH

FIRST PERSON



Me
I / Myself

SECOND PERSON



Te
You / Yourself (inf)

THIRD PERSON



Se
He / Himself
She / Herself
You / Yourself (form)



Nos
We / Ourselves



Os
You / Yourself



Se
They / Themselves
You / Yourselves

Note: Most of the time, reflexive pronouns are the equivalent of English subject pronouns.

USING REFLEXIVE PRONOUNS IN SPANISH

REFLEXIVE VERBS

Subjects perform the action on themselves.



Tú **te** estás peinando.
You **are** combing your hair.

RECIPROCAL VERBS

The action is performed on each other.



Ellos **se** abrazan.
They **are** hugging each other.

PRONOMINAL VERBS

The reflexive pronoun maintains the meaning.



Tom **se** queja todo el tiempo.
Tom **complains** all the time.

OBJECT VS REFLEXIVE PRONOUNS IN SPANISH

REFLEXIVE

Subjects perform the action on themselves.



Claire **se** está peinando.
Clair **is** combing her hair.

DIRECT & INDIRECT

Subjects perform the action on the object.



Mi mamá **le** cepilla el cabello **a** la niña.
My mom is brushing **the girl's** hair.

CONJUGATING VERBS WITH REFLEXIVE PRONOUNS

-AR VERBS

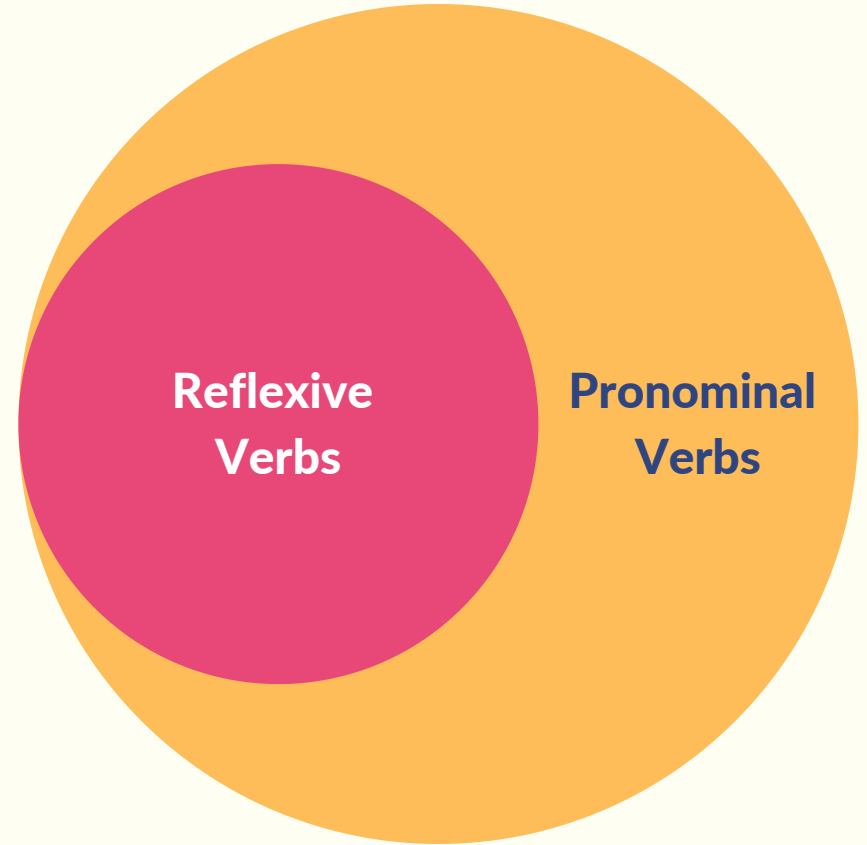
-ER VERBS

-IR VERBS

Pronoun	Levantarse	Ponerse	Vestirse
Yo	Me levanto	Me pongo	Me visto
Tú	Te levantas	Te pones	Te vistes
Él / Ella / Usted	Se levanta	Se pone	Se viste
Nosotros	Nos levantamos	Nos ponemos	Nos vestimos
Vosotros	Os levantáis	Os ponéis	Os vestís
Ellos / Ellas / Ustedes	Se levantan	Se ponen	Se visten

REFLEXIVE VERBS VS PRONOMINAL VERBS

- All Reflexive verbs are Pronominal. However, not all pronominal verbs are reflexive.
- Pronominal verbs use reflexive pronouns to maintain their meaning.



KEY POINTS: REFLEXIVE PRONOUNS IN SPANISH

- In Spanish, there are **five reflexive** pronouns: me, te, se*, os* and nos.
- The pronoun se is used for the third person singular and plural. Os is only used in Castilian Spanish.
- Reflexive pronouns are mainly used to express that someone **performs an action on themselves**.
- They are also used with **reciprocal** and **pronominal** verbs.
- Verbs that end with *-arse*, *-irse*, or *-erse* **require** a reflexive pronoun.
- When conjugating a verb, you must use the **appropriate** reflexive pronoun.
- According to Spanish grammar, direct and indirect object pronouns are used instead of reflexives when the subject and the object of a sentence are **different**.

LINK TO THIS GUIDE



[Spanish Reflexive Pronouns: Charts, Uses, Quiz & Examples](#)

RELATED GUIDES & RESOURCES TO CHECK OUT

[The Complete Guide to Reflexive Verbs in Spanish](#)

[Spanish Pronouns 101: Every Pronoun You Need to Know](#)

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