

Verbos reflexivos

A reflexive verb is one where the **subject** and **object** are identical, the one performing the action is the same as the one receiving it.

I bathe myself.

I am *doing* and *receiving* the action of bathing.

📌 To make a verb reflexive in Spanish, attach “se” to the end of an infinitive verb.

Ver = to see

Verse = to see oneself.

⚠️ Keep in mind English does not require reflexive pronouns (*himself* or *herself*) when using a reflexive verb.

She is showering. He is shaving.

It is understood that the person is showering *themselves* or shaving *themselves*.

In Spanish, we always add reflexive pronouns.

Yo lo afeito. I shave him.

Yo me afeito. I shave myself.

Yo lavo mi auto. I wash my car.

Yo me lavo. I wash myself.

What are the reflexive pronouns?

Reflexive Pronouns	
me	myself
te	yourself
se	himself/herself
nos	ourselves
os	yourselves (Spain)
se	themselves/ yourselves

Where are they placed in a sentence?

Just like the object pronouns, they come before a conjugated verb.

Me baño.

or they will be attached to the end of an infinitive verb.

Voy a bañarme.

Partes del cuerpo/ropa

In Spanish, instead of saying *I wash my hands*, the reflexive verb is used. By adding the reflexive pronoun we know that it is *our* body part, so there is no need to use the possessive pronoun (*my hands*) before the body part; instead, we use the definite article (*the hands*).

I wash my hands.

✗ **Me lavo *mis* manos.**

✓ **Me lavo *las* manos.**

Spanish also uses the reflexive in the same way when referring to clothing.

I put on my shoes.

✗ Me pongo *mis* zapatos.

✓ Me pongo *los* zapatos.

The definite article (*los*) is used instead of the possessive pronoun (*mis*).

⚠ Notice the difference of meaning of the verb *poner* from *to put, place* to *to put on* when used as a reflexive verb. Many verbs change their meaning when used as a reflexive verb.

Levantar (to lift) vs Levantarse (to get up)

Quitar (to remove) vs Quitarse (to take something off)

Becoming

In Spanish, we use reflexives to express change or becoming, i.e. becoming angry, turning red.

Ponerse + Adjective is most commonly used for the English expression “to become.”

Me pongo triste cuando pienso en mi perrito que está enfermo.

I get sad when I think about my little dog who is sick.

Él se puso tan triste cuando supo las noticias.

He became so sad when he found out the news.

Me puse muy feliz cuando vi a mi amiga después de tanto tiempo.

I got so happy when I saw my friend after so long.