SPANISH REFLEXIVE VERBS
Reflexive verbs from a very important part of our daily routine. We use them to talk about activities we do everyday, especially what we do before and after school and work.

What is a Reflexive Verb?
In order to understand what is a reflexive verb, we need to know what are reflexive pronouns. In English, they usually end in ..self or...selves. See the following reflexive pronouns below:
- me - myself
- te – yourself
- se – himself / herself / itself / yourself
- nos – ourselves
- se – themselves / yourselves

A reflexive verb is created when a reflexive pronoun (see above) is combined with a verb. When the verb is in the infinitive, the reflexive pronoun is attached to the verb such as levantarse- to get up oneself, bañarse- to bathe oneself OR lavarse - to wash oneself. The se at the end of the infinitive verb translates to oneself as there is no subject here. This is not used in English but is acceptable in Spanish. However, if the verb is conjugated, the reflexive pronoun will change to agree with the verb as we will see later in this lesson.

When is a Reflexive Verb used?
As we mentioned earlier, it forms an important part of our daily routine. It is used when an individual does an activity or an action on oneself. In other words, the subject of the sentence and the direct object of the sentence refer to the same person. View the following examples below:

1. I comb my hair for myself everyday – Yo me peino todos los días (from peinarse-to comb one’s hair) So the words I and myself refer to the same individual and they are both first person singular pronouns.
2. María siempre se habla – María always talks to herself (hablarse-to speak to oneself) The words María and herself refer to the same individual and they are both third person singular pronouns.
3. Look closely at these 2 sentences below:
   - María se baña – María bathes herself (used in reflexive as she does the action on herself)
- María baña al bebé – María bathes the baby (not reflexive as she does the action to another individual)

4. Los estudiantes se levantan muy temprano para ir al colegio – The students get up very early (for themselves) to go to school (levantarse-to get up oneself) The students and themselves refer to the same individuals and both are third person plural pronouns.

How are Reflexive Verbs conjugated?

Please view the tables below to see examples of reflexive verbs. You will note that there is agreement of all persons so a first person subject pronoun is paired up with a first person reflexive pronoun and a first person from of the verb (see Table 1 below highlighted in yellow).

So view the conjugation for levantarse below and the following examples (see Table 2 as well).

- Yo me levanto – I get up (for myself)
  Yo me levanto a las cinco de la mañana- I get up at 5 o clock in the morning.
- Tú te levantas – You get up (for yourself)
  A qué hora te levantas? – At what time do you get up?
- Él / Ella se levanta -He/ she /it gets up (for himself, herself, itself)
  Él se levanta tarde los fines de semana -He gets up late on weekends
- Usted se levanta – You get up (for yourself) –
  Usted se levanta temprano o tarde los sábados?- Do you get up early or late on Saturdays?
- Nosotros nos levantamos – We get up (for ourselves) –
  Nosotros nos levantamos temprano para ir al trabajo – We get up early in order to get to work.
- Ellos / Ellas se levantan- They get up (for themselves) –
  Las chicas se levantan a las seis en punto – The girls (they, plural) get up at 6 o clock sharp.
- Ustedes se levantan – You all get up (for yourselves) –
  Ustedes se levantan demasiado temprano – You all get up too early.

Please note, the for myself, yourself, himself, herself etc are optional, they are not necessary in English however, they are necessary in Spanish especially for reflexive verbs.
How to Conjugate Reflexive Verbs

### Table 1

<table>
<thead>
<tr>
<th>Forms of lavarse (to wash oneself)</th>
<th>Subject Pronoun</th>
<th>Reflexive Pronoun</th>
<th>Verb Conjugated</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person singular</td>
<td>Yo</td>
<td>me</td>
<td>lavo</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; person singular</td>
<td>Tú</td>
<td>te</td>
<td>lavas</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person singular</td>
<td>Él / Ella / Usted</td>
<td>se</td>
<td>lava</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person plural</td>
<td>Nosotros</td>
<td>nos</td>
<td>lavamos</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person plural</td>
<td>Ellos / Ellos / Ustedes</td>
<td>se</td>
<td>lavan</td>
</tr>
</tbody>
</table>

### Table 2

<table>
<thead>
<tr>
<th>Forms of levantarse (to get up)</th>
<th>Subject Pronoun</th>
<th>Reflexive Pronoun</th>
<th>Verb Conjugated</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person singular</td>
<td>Yo</td>
<td>me</td>
<td>levanto</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; person singular</td>
<td>Tú</td>
<td>te</td>
<td>levantas</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person singular</td>
<td>Él / Ella / Usted</td>
<td>se</td>
<td>levanta</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person plural</td>
<td>Nosotros</td>
<td>nos</td>
<td>levantamos</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person plural</td>
<td>Ellos / Ellas / Ustedes</td>
<td>se</td>
<td>levantan</td>
</tr>
</tbody>
</table>

### Table 3

<table>
<thead>
<tr>
<th>Forms of cepillarse los dientes – to brush one’s teeth</th>
<th>Subject Pronoun</th>
<th>Reflexive Pronoun</th>
<th>Verb Conjugated</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person singular</td>
<td>Yo</td>
<td>me</td>
<td>cepillo los dientes</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; person singular</td>
<td>Tú</td>
<td>te</td>
<td>cepilllas los dientes</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person singular</td>
<td>Él / Ella / Ustedes</td>
<td>se</td>
<td>cepilla los dientes</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; person plural</td>
<td>Nosotros</td>
<td>nos</td>
<td>cepillarnos los dientes</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; person plural</td>
<td>Ellos / Ellas / Ustedes</td>
<td>se</td>
<td>cepillan los dientes</td>
</tr>
</tbody>
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A List of Common Reflexive Verbs for Daily Routine

There are many reflexive verbs in Spanish. Here is a list of some of the commonly used Reflexive Verbs for our daily routine activities:

1. Ducharse – to have a shower
2. Peinarse el pelo – to comb one’s hair
3. Cepillarse los dientes – to brush one’s teeth
4. Levantarse – to get up
5. Lavarse – to wash
6. Despertarse – to say goodbye / to bid farewell
7. Acostarse – to go to bed
8. Quitarse – to take off
9. Afeitarse – to shave
10. Maquillarse – to put on makeup
11. Vestirse – to dress
12. Ponerse – to put on
13. Probarse – to try on
14. Dormirse – to fall asleep
15. Llamarse – to call oneself / to name
16. Divertirse – to enjoy oneself / to have fun
17. Desayunarse – to have breakfast
18. Sentarse – to sit down
19. Mirarse – to look at oneself
For further information on Reflexive Verbs, please view the following links below:

https://youtu.be/pHUbf5uRq7w
https://youtu.be/TnFLuQPPoYg
https://youtu.be/l2ZTZZZlZog
https://youtu.be/30gto0qxclk
https://youtu.be/XUFTtZ8Osrs