

# Reflexive

# verbs

Paso a paso



**Reflexive verbs are verbs that are used when the subject of the sentence is also the object of the verb. In other words, the subject is doing the action to themselves. In Spanish, reflexive verbs are formed by adding "se" to the end of the infinitive verb, such as "lavarse" (to wash oneself) or "acostarse" (to go to bed).**

Here's an example sentence: "Me lavo las manos" which means "I wash my hands." In this sentence, "me" is the reflexive pronoun that indicates that the subject (I) is also the object being washed (my hands).

Another example sentence is "Él se cepilla los dientes" which means "He brushes his teeth." In this sentence, "se" is the reflexive pronoun that indicates that the subject (he) is also the object being brushed (his teeth).

It's important to note that reflexive verbs in Spanish are used much more frequently than in English, so it's important for beginner Spanish learners to become comfortable with using them. Additionally, reflexive verbs can also be used to indicate a change in state, such as "ponerse" (to put on) or "sentirse" (to feel). For example, "Me pongo triste" means "I become sad" and "Me siento feliz" means "I feel happy."



# Examples of reflexive verbs

## Levantarse - to get up

- Example sentence: Yo me levanto temprano todos los días. (I get up early every day.)
- Explanation: "Me" is the reflexive pronoun that indicates that the subject (yo/I) is also the object being acted upon (levantar/ to get up).

## Peinarse - to comb one's hair

- Example sentence: Ella se peina antes de salir. (She combs her hair before leaving.)
- Explanation: "Se" is the reflexive pronoun that indicates that the subject (ella/she) is also the object being acted upon (peinar/to comb).



# Examples of reflexive verbs

## Acostarse - to go to bed

- Example sentence: Nosotros nos acostamos tarde anoche. (We went to bed late last night.)
- Explanation: "Nosotros" is the subject, and "nos" is the reflexive pronoun that indicates that the subject is also the object being acted upon (acostar/to go to bed).

## Vestirse - to get dressed

- Example sentence: Él se viste rápidamente por la mañana. (He gets dressed quickly in the morning.)
- Explanation: "Se" is the reflexive pronoun that indicates that the subject (él/he) is also the object being acted upon (vestir/to get dressed).



# Conjugation

SUJETO	PRONOMBRES REFLEXIVOS	BAÑAR(SE)	PONER(SE)	DORMIR(SE)
YO	ME	Baño	Pongo	Duelmo
TÚ	TE	Bañas	Pones	Duermes
VOS	TE	Bañás	Ponés	Dormís
ÉL – ELLA – UD.	SE	Baña	Pone	Duerme
NOSOTROS (AS)	NOS	Bañamos	Ponemos	Dormimos
VOSOTROS (AS)	OS	Bañáis	Poneís	Dormís
ELLOS (AS) – UDS.	SE	Bañan	Ponen	Duermen
		ACOSTAR(SE), AFEITAR(SE), ALEJAR(SE), AMARRAR(SE), ARREGLAR(SE), ASUSTAR(SE), ATAR(SE), CANSAR(SE), CEPILLAR(SE), CORTAR(SE), DESAMARRAR(SE), DESMAQUILLAR(SE), DESPERTAR(SE), DUCAR(SE), ENFADAR(SE), LAVAR(SE), LEVANTAR(SE), LLAMAR(SE), MAQUILLAR(SE), PEINAR(SE), PINTAR(SE), PREOCUPAR(SE), PROBAR(SE), QUITAR(SE), RASURAR(SE), SECAR(SE).	ENFURECER(SE), ENLOQUECER(SE), ENORGULLECER(SE), MOVER(SE), PERDER(SE), ROMPER(SE).	ABURRIR(SE), DESVESTIR(SE), DIVERTIR(SE), IR(SE), MEDIR(SE), SENTIR(SE), VESTIR(SE).



# Position

## POSICIONES DE LOS PRONOMBRES DE OBJETO DIRECTO

Yo me baño todas las mañanas

Yo me quiero bañar ahora mismo

Yo quiero bañarme ahora mismo

Yo me estoy bañando ahora mismo

Yo estoy bañándome ahora mismo



## Exercises

Conjugate the reflexive verbs in the present tense:

- Yo \_\_\_\_\_ los dientes antes de acostarme. (cepillarse)
  - Nosotros \_\_\_\_\_ a las ocho de la mañana. (levantarse)
  - Ella \_\_\_\_\_ para la fiesta. (vestirse)
  - Tú \_\_\_\_\_ por la tarde. (bañarse)
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- I brush my teeth before going to bed. (cepillarse)
- We get up at eight in the morning. (levantarse)
- She gets dressed for the party. (vestirse)
- You take a bath in the afternoon. (bañarse)



# Exercises

Conjugué los verbos reflexivos en presente:

- Yo \_\_\_\_\_ (vestirse)
- Tú \_\_\_\_\_ (lavarse)
- Él \_\_\_\_\_ (cepillarse)
- Nosotros \_\_\_\_\_ (acostarse)

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- I get dressed. (vestirse)
  - You wash yourself. (lavarse)
  - He brushes himself. (cepillarse)
  - We go to bed. (acostarse)





## Exercises

Identify the reflexive verb in each sentence:

- Yo me levanto temprano todos los días.
- Él se lava la cara antes de ir a trabajar.
- Nosotros nos cepillamos los dientes después de comer.
- Ella se pone los zapatos antes de salir.

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- I get up early every day.
  - He washes his face before going to work.
  - We brush our teeth after eating.
  - She puts on her shoes before leaving.



## Questions

1. ¿A qué hora te despiertas cada mañana? (**What time do you wake up every morning?**)
2. ¿Te lavas los dientes después de cada comida? (**Do you brush your teeth after every meal?**)
3. ¿Cómo te sientes hoy? (**How do you feel today?**)
4. ¿Te vistes solo/a o necesitas ayuda? (**Do you dress yourself or do you need help?**)
5. ¿Te acuestas temprano o tarde? (**Do you go to bed early or late?**)
6. ¿Te duchas por la mañana o por la noche? (**Do you shower in the morning or at night?**)
7. ¿Te maquillas todos los días? (**Do you put on makeup every day?**)
8. ¿Te peinas antes de salir de casa? (**Do you comb your hair before leaving the house?**)

