



SPANISH REFLEXIVE VERBS

REFLEXIVE VERBS AND DAILY ROUTINE

LOS VERBOS REFLEXIVOS Y LA RUTINA DIARIA

Reflexive verbs form 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 – Maria 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 form 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

Forms of lavarse (to wash oneself)	Subject Pronoun	Reflexive Pronoun	Verb Conjugated
1 st person singular	Yo	me	lavo
2 nd person singular	Tú	te	lavas
3 rd person singular	Él / Ella / Usted	se	lava
1 st person plural	Nosotros	nos	lavamos
3 rd person plural	Ellos / Ellos / Ustedes	se	lavan

Table 2

Forms of levantarse (to get up)	Subject Pronoun	Reflexive Pronoun	Verb Conjugated
1 st person singular	Yo	me	levanto
2 nd person singular	Tú	te	levantas
3 rd person singular	Él / Ella / Usted	se	levanta
1 st person plural	Nosotros	nos	levantamos
3 rd person plural	Ellos / Ellas / Ustedes	se	levantan

Table 3

Forms of cepillarse los dientes – to brush one's teeth	Subject Pronoun	Reflexive Pronoun	Verb Conjugated
1 st person singular	Yo	me	cepillo los dientes
2 nd person singular	Tú	te	cepillas los dientes
3 rd person singular	Él / Ella / Ustedes	se	cepilla los dientes
1 st person plural	Nosotros	nos	cepillarnos los dientes
3 rd person plural	Ellos / Ellas / Ustedes	se	cepillan los dientes

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/l2ZTZliZog>

<https://youtu.be/30gto0qxclk>

<https://youtu.be/XUFTtZ8OsrS>