



We do not use *one* to replace uncountable nouns:

✗ *Do you prefer white rice or brown one?* ✓ *Do you prefer white rice or brown?*



We can use *one/ones* after *the* and adjectives, but not immediately after *a/an*:

✗ *I'd like a loaf of bread. Can you pass me a one from the top shelf?*

✓ *I'd like a loaf of bread. Can you pass me **one** from the top shelf?*

*These are interesting fossil specimens. This is **an amazing one**.*

We use *it/them*, not *one/ones* when we refer to an item that has previously been defined.

Compare:

*I need a cup of coffee, a large **one**.* (= any cup of coffee)

*Where's my coffee? Oh, there **it** is.* (= my particular cup of coffee)

3 Reflexive pronouns

We use reflexive pronouns to refer to the subject after many verbs, including verbs with dependent prepositions (► Unit 66):

*Politicians have to **believe in themselves** if they want to convince voters.*

(= Politicians have to believe in politicians.)

We can use either the object pronoun or the reflexive to refer to the subject after *as (for)*, *like*, *but (for)* and *except (for)*:

*Howard found out that everyone **except him/himself** had read the report.*

Some verbs are followed by the reflexive in English where it may not seem logical, and where similar verbs in other languages are not followed by the reflexive,

e.g. *acquaint yourself (with)*, *avail yourself (of)*, *behave yourself*, *commit yourself (to sth)*, *enjoy yourself*, *help yourself*:

*Did the children **behave themselves** while we were out?* (= behave well)

***Help yourself** to the food, won't you?* (= take as much as you want)



There are many verbs which take a reflexive in other languages but do not usually do so in English, e.g. *wash*, *dress*, *feel*, *get up*, *relax*, *remember*, *stand up*, *hurry*:

✗ *I ~~don't feel myself~~ very well today.* ✓ *I don't feel very well today.*

We can also use reflexive pronouns to emphasise the subject or object of a sentence.

The pronoun can come in any one of these positions in the sentence:

I ^{myself} have used this technique frequently.

We can use *myself* either at the beginning or the end of a sentence and separated by a comma to mean 'as far as I'm concerned/in my personal opinion':

***Myself**, I don't like the new fashion for flared trousers.*

*I don't like the new fashion for flared trousers, **myself**.*

We use *(all) by myself/yourself*, etc. to emphasise 'without any help' or 'completely alone':

*The garden looks amazing. Did you do it (all) (by) **yourself**?*

*We've decided to go on holiday **by ourselves** next year.*

4 Reciprocal pronouns

Compare the use of reciprocal pronouns (*each other/one another*) and reflexive pronouns:

*Our cats Fluff and Bangle spend a lot of time licking **themselves**.*

(Fluff licks Fluff and Bangle licks Bangle.)

*Fluff and Bangle sometimes lick **each other**.* (Fluff licks Bangle and Bangle licks Fluff.)

Each other usually refers to two subjects, *one another* to more than two, though we tend to use the two forms interchangeably in informal English:

*He spoke fast and his words tumbled out, tripping over **each other/one another**.*



We don't use a reflexive or an object pronoun where a reciprocal pronoun is needed:

✗ *~~So, we'll see ourselves/us at the fountain at half past one tomorrow.~~*

✓ *So, we'll see **each other** at the fountain at half past one tomorrow.*