

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

X 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*:

X 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.)

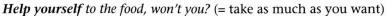
We can use either the object pronoun or the reflexive to refer to the subject after *as* (*for*), *like*, *but* (*for*) and *except* (*for*):

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)





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:

X 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 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:

X 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.