

Spanish Reflexive Verbs

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Pronouns, Daily Routines & Meaning Changes

What are reflexive verbs?

The action reflects back on the subject. Identified by -se ending: lavarse (to wash oneself), levantarse (to get up)

Reflexive Pronouns

Subject	Pronoun	Example	Meaning
yo	me	me lavo	I wash myself
tú	te	te lavas	you wash yourself
él/ella/Ud.	se	se lava	he/she washes himself/herself
nosotros	nos	nos lavamos	we wash ourselves
vosotros	os	os laváis	you all wash yourselves
ellos/Uds.	se	se lavan	they wash themselves

Pronoun Placement

Before conjugated verb:	Me levanto temprano.	I get up early.
Attached to infinitive:	Voy a ducharme. / Me voy a duchar.	(both correct)
Attached to gerund:	Estoy vistiéndome. / Me estoy vistiendo.	(add accent)
Attached to command:	¡Siéntate! / ¡No te sientes!	(affirmative/negative)

Common Reflexive Verbs

Daily Routine

despertarse	to wake up
levantarse	to get up
ducharse	to shower
lavarse	to wash oneself
vestirse	to get dressed
acostarse	to go to bed

Emotions & Actions

sentirse	to feel
preocuparse	to worry
enojarse	to get angry
divertirse	to have fun
acordarse	to remember
olvidarse	to forget

Examples:	Me despierto a las 7. I wake up at 7.	Nos divertimos mucho. We have a lot of fun.	¿Te acuerdas de ella? Do you remember her?
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Verbs That Change Meaning with SE

Without SE	With SE	Example
ir (to go)	irse (to leave/go away)	Me voy. = I'm leaving.
dormir (to sleep)	dormirse (to fall asleep)	Se durmió. = He fell asleep.
poner (to put)	ponerse (to put on / become)	Se puso triste. = He became sad.
llamar (to call)	llamarse (to be called)	Me llamo Ana. = My name is Ana.
quedar (to remain)	quedarse (to stay)	Me quedé en casa. = I stayed home.

Useful Resources

- Reflexive Verbs Guide
spanishgrammar.co.uk/reflexive-verbs
- 40 Common Reflexive Verbs
spanishgrammar.co.uk/40-common-reflexive-verbs
- Verbs That Change Meaning
spanishgrammar.co.uk/reflexive-verbs-change-meaning