

VERBOS REFLEXIVOS

Mastering Spanish Reflexive Verbs

Reference guide & written production exercises | Level A2+

Name: _____

Date: _____

GRAMMAR REFERENCE | What Are Reflexive Verbs?

Key concept: A reflexive verb is used when the subject **performs and receives the action at the same time**. If you do it to yourself, it needs a reflexive pronoun!

Structure: Subject + **Reflexive Pronoun** + Conjugated Verb

Example: Yo **me** lavo (I wash myself) vs. Yo lavo **el carro** (I wash the car)

1. The Reflexive Pronouns — *lavarse* (to wash oneself)

Subject	Pronoun	Example
Yo	me	<i>Yo me lavo (I wash myself)</i>
Tú	te	<i>Tú te lavas</i>
Él / Ella / Ud.	se	<i>Él se lava</i>
Nosotros/as	nos	<i>Nosotros nos lavamos</i>
Vosotros/as	os	<i>Vosotros os laváis</i>
Ellos / Ellas / Uds.	se	<i>Ellos se lavan</i>

2. Where do I put the pronoun?

Rule	Placement	Example
1 conjugated verb	BEFORE the verb	<i>¿Te lavaste las manos?</i>
Infinitive (querer + verb)	ATTACHED to the end	<i>Quiero bañarme antes de dormir.</i>
Gerund (-ando / -iendo)	ATTACHED to the end	<i>Estoy cepillándome los dientes.</i>

Negative imperative	BEFORE the verb	<i>¡No te vayas todavía!</i>
Affirmative imperative	ATTACHED to the end	<i>¡Levántate ya!</i>

3. Verbs that change meaning with the reflexive pronoun

Watch out! Adding the reflexive pronoun can completely change the meaning of the verb. These are not just "doing it to yourself" — they become new words.

Verb	Without pronoun	With reflexive pronoun
ir	<i>to go → Voy al trabajo.</i>	<i>irse → to leave → ¡Ya me voy!</i>
dormir	<i>to sleep → Duermo 8 horas.</i>	<i>dormirse → to fall asleep → Me dormí en el cine.</i>
llevar	<i>to carry → Llevo la mochila.</i>	<i>llevarse → to get along → Me llevo bien con ella.</i>
poner	<i>to put → Pongo el libro aquí.</i>	<i>ponerse → to put on / to become → Me pongo los zapatos.</i>
ir	<i>to go → ¿Vas al gym?</i>	<i>irse → to leave → ¿Te vas ya? ¡Quédate!</i>
quedar	<i>to remain → Queda lejos.</i>	<i>quedarse → to stay → Me quedé en casa todo el día.</i>
encontrar	<i>to find → Encontré las llaves.</i>	<i>encontrarse → to feel / to meet → Me encontré con Ana.</i>
hacer	<i>to do → Hago la tarea.</i>	<i>hacerse → to become → Se hizo médico en 2020.</i>

WRITTEN PRODUCTION EXERCISES | No fill-in. Create every sentence.

Exercise 1 — The Disastrous Morning

Instructions: Write 4 complete sentences describing a morning where everything went wrong. Use at least one reflexive verb in each sentence. Try to add times or transition words!

Reflexive verbs to use: *despertarse, levantarse, ducharse, vestirse, cepillarse, peinarse, olvidarse, perderse, dormirse*

1. _____
2. _____
3. _____
4. _____

Exercise 2 — The Double Meaning (Reflexive vs. Non-Reflexive)

Instructions: Write two sentences for each verb — one reflexive (action done to yourself) and one non-reflexive (action done to an object or someone else).

Model: (lavar) Reflexive: *Me lavo la cara.* Non-reflexive: *Lavo el carro.*

1. PONER / PONERSE

Reflexive (to put on / to become): _____

Non-reflexive (to put / to place): _____

2. DESPERTAR / DESPERTARSE

Reflexive (to wake yourself up): _____

Non-reflexive (to wake someone else up): _____

3. DORMIR / DORMIRSE

Reflexive (to fall asleep): _____

Non-reflexive (to sleep — general): _____

4. LLEVAR / LLEVARSE

Reflexive (to get along with): _____

Non-reflexive (to carry / to take): _____

Exercise 3 — Expressing Changes & Emotions

Instructions: Read each situation and write a logical consequence using the reflexive verb in parentheses. Write a complete sentence!

Key verbs for emotions & changes: *enojarse, alegrarse, entristecerse, ponerse nervioso/a, cansarse, aburrirse, sorprenderse, enamorarse, preocuparse*

1. *Mi jefe me gritó hoy sin razón...* **(enojarse)**

—

2. *Tengo un examen de español muy difícil en cinco minutos...* **(ponerse nervioso/a)**

—

3. *Mi amiga canceló nuestro viaje a Colombia...* **(entristecerse)**

—

4. *Recibí una sorpresa increíble de mis padres hoy...* **(alegrarse)**

—

5. *Vi una película de terror muy larga anoche...* **(aburrirse / cansarse)**

—

6. *Conocí a una persona muy especial en la fiesta...* **(enamorarse)**

—

Exercise 4 — My Night Routine (Pronoun Placement)

Instructions: Write a short paragraph (3–4 sentences) about what you **plan to do tonight before bed**. Use structures with two verbs (*Quiero + infinitive, Voy a + infinitive, Tengo que + infinitive*) to practice attaching the reflexive pronoun to the end of the infinitive.

Model: *Esta noche voy a ducharme, luego quiero relajarme un poco y tengo que acostarme antes de las 11.*

Exercise 5 — Bonus Challenge: Tell Your Story!

Instructions: Write 5–6 sentences describing your ideal weekend morning routine. Use at least **5 different reflexive verbs**, connect your ideas with transition words (*primero, luego, después, finalmente, también*), and include at least ONE emotion verb (*sentirse, alegrarse, relajarse...*).

BONUS | Common Errors to Avoid

Incorrect	Correct	Why?
<i>Yo me lavo manos.</i>	<i>Yo me lavo las manos.</i>	In Spanish, use the definite article (las/los) with body parts, NOT a possessive.

<i>Quiero me duchar.</i>	<i>Quiero ducharme.</i>	When attached to an infinitive, the pronoun goes at the END: "ducharme", not before.
<i>Me yo levanto a las 7.</i>	<i>Yo me levanto a las 7.</i>	The reflexive pronoun always goes directly before the conjugated verb, not between subject and pronoun.
<i>Ella se está duchandose.</i>	<i>Ella se está duchando.</i>	Never double the pronoun. Either "se está duchando" or "está duchándose" — pick one.
<i>Me siento bien el clima hoy.</i>	<i>Me siento bien hoy. / El clima se siente agradable.</i>	"Sentirse" means to feel (emotionally/physically). Do not mix subject and weather in one clause.
<i>Nos lavamos el dientes.</i>	<i>Nos lavamos los dientes.</i>	"Dientes" is plural — use "los", not "el".

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