



## Conversación avanzada en español

# Guía de estudio

# Verbos reflexivos

### 1. Reflexive Verbs for Daily Activities

These verbs can have non-reflexive forms but usually are used for reflexive actions. Many of these verbs refer to daily actions, routines, and personal care. When used in a non-reflexive form, they often keep their original meaning but refer to an action performed on someone else.

<b>Acostarse</b>	To go to bed
<b>Afeitarse</b>	To shave oneself
<b>Bañarse</b>	To take a bath
<b>Cepillarse</b>	To brush oneself
<b>Despertarse</b>	To wake up
<b>Dormirse</b>	To fall asleep
<b>Ducharse</b>	To take a shower
<b>Lavarse</b>	To wash up
<b>Maquillarse</b>	To apply makeup
<b>Peinarse</b>	To comb oneself
<b>Vestirse</b>	To dress oneself

### 2. Other Verbs that are Almost Always Reflexive

Although these verbs technically have both reflexive and non-reflexive forms, the reflexive form is almost always used.

<b>Adormilarse</b>	To doze off
<b>Adueñarse</b>	To take ownership
<b>Comportarse</b>	To behave
<b>Desvestirse</b>	To undress
<b>Desinteresarse</b>	To lose interest
<b>Dignarse</b>	To condescend
<b>Emborracharse</b>	To get drunk
<b>Merecerse</b>	To deserve
<b>Mudarse</b>	To move (a household)

<b>Preocuparse</b>	To worry
<b>Sincerarse</b>	To open up
<b>Suicidarse</b>	To commit suicide

### 3. Reciprocal Reflexive Verbs.

Reciprocal reflexives usually indicate that the action is being performed by two or more subjects at the same time.

<b>Apoyarse:</b>	To support each other (Ellos se apoyan)
<b>Ayudarse:</b>	To help each other (Ellos se ayudan)
<b>Conocerse:</b>	To know each other (Ellos se conocen)
<b>Saludarse:</b>	To greet each other (Ellos se saludan)
<b>Golpearse:</b>	To hit each other (Ellos se golpean)
<b>Contarse:</b>	To tell each other (Ellos se cuentan)
<b>Lastimarse:</b>	To hurt each other (Ellos se lastiman)
<b>Pelearse:</b>	To fight each other (Ellos se pelean)
<b>Insultarse:</b>	To insult each other (Ellos se insultan)

Note: There's no need to add reciprocal phrases or words like "el uno al otro" at the end of the sentence, because reciprocal reflexives already tell us that the action is being performed by two subjects to each other.

### 4. Reflexive / Preposition Combinations

These reflexive verbs are frequently used in combination with a preposition.

<b>Acordarse de</b>	To remember
<b>Arrepentirse de</b>	To regret
<b>Atreverse a</b>	To dare
<b>Asegurarse de</b>	To make sure of
<b>Dedicarse a</b>	To be dedicated to (to do for a living)
<b>Despedirse de</b>	To say goodbye to
<b>Emocionarse de (por) algo</b>	To get excited about something
<b>Esforzarse por</b>	To make and effort to
<b>Enterarse de</b>	To find out about
<b>Fijarse en</b>	To take notice of

<b>Inscribirse por (internet)</b>	To sign up for (internet)
<b>Inscribirse en (un curso)</b>	To sign up for (a class)
<b>Morirse de</b>	To die of
<b>Negarse a</b>	To refuse to
<b>Ofrecerse para</b>	To volunteer for
<b>Ofrecerse a (hacer algo)</b>	To offer to (do something)
<b>Ofrecerse de</b>	To volunteer for
<b>Olvidarse de</b>	To forget about
<b>Parecerse a</b>	To look like
<b>Preocuparse por</b>	To worry about
<b>Prepararse para</b>	To prepare for
<b>Quejarse de</b>	To complain about
<b>Reírse de</b>	To make fun of
<b>Sorprenderse de</b>	To be surprised by

## 5. Verbs with Different Non-Reflexive and Reflexive Meanings

These verbs have distinctly different meanings when used in the reflexive versus the non-reflexive.

<b>Aburrir</b>	To bore	<b>Aburrirse</b>	To get bored
<b>Acercar</b>	To bring closer	<b>Acercarse</b>	To get closer
<b>Alegrar</b>	To cheer up	<b>Alegrarse</b>	To cheer oneself
<b>Apagar</b>	To turn off	<b>Apagarse</b>	To go off (la alarma)
<b>Arreglar</b>	To fix or arrange	<b>Arreglarse</b>	To dress up
<b>Asustar</b>	To scare	<b>Asustarse</b>	To get scared
<b>Caer</b>	To fall	<b>Caerse (por) (de)</b>	To fall over (down) (off)
<b>Callar</b>	To silence	<b>Callarse</b>	To shut up
<b>Cansar</b>	To tire or annoy	<b>Cansarse</b>	To get tired
<b>Casar</b>	To marry	<b>Casarse</b>	To get married
<b>Cuidar</b>	To look after	<b>Cuidarse</b>	To take care
<b>Despedir</b>	To fire	<b>Despedirse de</b>	To say goodbye to
<b>Divertir</b>	To amuse	<b>Divertirse</b>	To have a good time
<b>Doler</b>	To hurt	<b>Dolerse</b>	To grieve
<b>Encontrar</b>	To find	<b>Encontrarse</b>	To find (someone or oneself)

<b>Enfriar</b>	To cool	<b>Enfriarse</b>	To get cold
<b>Enojar</b>	To anger	<b>Enojarse</b>	To get angry
<b>Enriquecer</b>	To enrich	<b>Enriquecerse</b>	To get rich
<b>Enterar</b>	To inform	<b>Enterarse</b>	To find out
<b>Esforzar</b>	To strive	<b>Esforzarse por</b>	To make an effort to
<b>Esperar</b>	To wait, hope	<b>Esperarse</b>	To be expected
<b>Establecer</b>	To establish	<b>Establecerse</b>	To establish oneself / settle in
		<b>Echar raíces</b>	To put down roots
<b>Acostar</b>	To lay down	<b>Acostarse</b>	To lie down
<b>Estresar</b>	To stress	<b>Estresarse</b>	To get stressed
<b>Faltar</b>	To miss	<b>Faltarse</b>	To lack
<b>Frustrar</b>	To frustrate	<b>Frustarse</b>	To be frustrated
<b>Inscribir</b>	To enroll, inscribe	<b>Inscribirse</b>	To register
<b>Ir</b>	To go	<b>Irse</b>	To leave
<b>Levantar</b>	To pick up	<b>Levantarse</b>	To get up / stand up
<b>Llamar</b>	To call	<b>Llamarse</b>	To be called/named
<b>Mejorar</b>	To improve something	<b>Mejorarse</b>	To improve oneself
<b>Negar</b>	To deny	<b>Negarse</b>	To decline or refuse
<b>Ocupar</b>	To occupy or fill	<b>Ocuparse</b>	To take care of something
<b>Parecer</b>	To seem	<b>Paracerse</b>	To look alike or the sme
<b>Perder</b>	To lose	<b>Perderse</b>	To become lost / miss something
<b>Poner</b>	To put	<b>Ponerse</b>	To put on
<b>Quedar</b>	To fit	<b>Quedarse</b>	To stay
<b>Quitar</b>	To remove	<b>Quitarse</b>	To take off
<b>Retirar</b>	To remove	<b>Retirarse</b>	To back out or retire
<b>Reir</b>	To laugh	<b>Reírse</b>	To laugh oneself
<b>Reunir</b>	To gather	<b>Reunirse</b>	To get together
<b>Secar</b>	To dry	<b>Secarse</b>	To dry up
<b>Sentar</b>	To sit or set	<b>Sentarse</b>	To sit down
<b>Sentir</b>	To feel something	<b>Sentirse</b>	To feel oneself
<b>Subir</b>	To go up	<b>Subirse</b>	To get in or on
<b>Ver</b>	To see	<b>Verse</b>	To be seen as
<b>Volver</b>	To return	<b>Volverse</b>	To become

## 6. Darse, Ponerse

Darse and ponerse are frequently used with other words to express a reflexive action.

### Darse:

To realise	<b>Darse cuenta de</b> (Me di cuenta de que estaba equivocada)
To hurry	<b>Darse prisa</b> (Me di prisa para ir al mercado)
To shake hands	<b>Darse las manos</b> (Nos dimos las manos)
To turn around	<b>Darse la vuelta</b> (Me di la vuelta)
To give up	<b>Darse por vencido</b> (Me di por vencido)

### Ponerse:

To put on	<b>Ponerse</b> (Me puse la camisa)
To become	<b>Ponerse</b> (Me puse enojado)
To begin to	<b>Ponerse a</b> (Me puse a trabajar)
To stand up	<b>Ponerse de pie</b> (Me puse de pie)
To keep up or catch up	<b>Ponerse a</b> (Me puse al día. Me puse al corriente.)

## 7. To Become or Change

The concept of becoming or changing can be expressed by a large number of reflexive and non-reflexive verbs.

- **Ponerse** means “to become” for temporary conditions such as emotions or health.
  - “Me puse enojado(a)”
- **Hacerse** means “to become” for conditions more permanent, such as rich or well-known.
  - “Pablo se hizo rico”
  - “María se hizo conocida.”
- **Llegar a ser** means “to come to be.”
  - “Jorge llegó a ser doctor.”
- **Resultó ser (estar)** means “turned out to be.”
  - “Juan resultó ser muy listo.”
  - “Juan resultó estar equivocado.”
- **Resulta que** means “it turns out that.”
  - “Resulta que era una mentira.”
- **Volverse** means “turn into” when unexpected or sudden.
  - “Él se volvió loco.”

- **Transformarse** and **Convertirse** are used especially for physical and organic changes.
  - “Un niño se transforma en un hombre.”
  - “La oruga se convirtió en mariposa”
- **Note.** It is important to remember there are many verbs that can mean “to become” in the reflexive. Examples include:
  - **Aburrirse**
  - **Enojarse**
  - **Enfermarse**
  - **Cansarse**
  - **Preocuparse**

## 8. To Keep or Continue

The concept of continuing or keeping at something also can be expressed by a large number of reflexive and non-reflexive verbs.

- **Quedarse con** means to keep a possession:
  - “Me quedé con el cambio.”
  - “Quédese (quédate) con el cambio”
- **Quedarse** also can mean to stay somewhere:
  - “Nos quedamos en el hotel”
- **Guardar** means to keep safe or guard:
  - “Ella guardó la leche en el refri.”
  - “Juan guarda su carro en el garaje.”
- **Ahorrar** means to save money
  - “Mis ahorros” means “my savings”
- **Salvar** means to save a life, the world, a career, etc.
- **Mantener** significa to keep as to maintain something:
  - “Mantenga limpio su cuarto”
- **Mantenerse** can mean to keep or maintain oneself.
  - “Me mantengo en buena forma”
  - “Manténgase en contacto”
- **Mantenerse** also can mean to keep or stay in a direction.
  - “Manténgase a la derecha”
- **Seguir** can mean to keep or continue with an activity.
  - “Siga estudiando.”

## 9. Reflexive Object Pronouns

The reflexive object pronouns are:

my, myself	<b>me</b>
us, ourselves	<b>nos</b>
you, yourself (informal)	<b>te</b>
you, yourself (formal), yourselves	<b>se</b>
himself, herself, themselves	<b>se</b>

### Typical use of Reflexive Pronouns in Sentences

I wash my hair every day	Me lavo el pelo cada día
She washes her hands before eating	(Ella) se lava las manos antes de comer

### Preposition + Infinitive with Reflexive Object Pronoun

I read before going to bed	Leo antes de acostarme
We eat dinner after washing our hands	Cenamos después de lavarnos las manos

### Reflexive Object Pronouns in Sentences with Two Verbs

I need to wash my hair	Necesito lavarme el pelo
Don't you want to stay here?	¿Quiere (Ud.) quedarse aquí?
	...o ¿Quieres quedarte aquí?

### Reflexive – Direct Object Order

I bought it (m) for me (myself)	Me lo compré
They deserved it (m)	Se lo merecían
She forgot about it (m) completely	(A ella) se lo olvidó por completo
He put it (m) on at once	(Él) se lo puso inmediatamente (enseguida)