



Conversación avanzada en español

Hoja de referencia

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.

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

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

Preocuparse	To worry
Sincerarse	To open up
Suicidarse	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.

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

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

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

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

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

6. Darse, Ponerse

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

Darse:

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

Ponerse:

To put on	Ponerse (Me puse la camisa)
To become	Ponerse (Me puse enojado)
To begin to	Ponerse a (Me puse a trabajar)
To stand up	Ponerse de pie (Me puse de pie)
To keep up or catch up	Ponerse a (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	me
us, ourselves	nos
you, yourself (informal)	te
you, yourself (formal), yourselves	se
himself, herself, themselves	se

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?
I'm going to give them a present	Voy a darles un regalo...
	...o Les voy a dar un regalo