

LES VERBES PRONOMINAUX

REFLEXIVE VERBS

INTRODUCTION

« Les VERBES PRONOMINAUX » (REFLEXIVE VERBS)

are a specific type of verb used in French to express that the action the **SUBJECT** does, has an effect on the **SUBJECT ITSELF**

REFLEXIVE VERBS are very easy to recognize :

They always come with a **PRONOUN** in front of the **VERB** itself.

A FEW EXAMPLES

REGULAR FORM		REFLEXIVE FORM	
Je demande.	I ask.	Je me demande.	I ask myself .
Je contrôle.	I control.	Je me contrôle.	I control myself .
Je parle.	I talk.	Je me parle.	I talk to myself .
Je dessine.	I draw.	Je me dessine.	I draw myself .



PRONOUN

MORE EXAMPLE : REGULAR FORM

Let's use the verb "**Laver**" which means "**To wash**" in its **regular form**.

We already know how to conjugate it in the **present tense** :

SUBJECT	PRONOUN	VERB	OBJECT	MEANING
Je		lave	cette chemise.	I wash this shirt.
Tu		laves	cette chemise.	You wash this shirt.
Il / Elle		lave	cette chemise.	He / She washes this shirt.
Nous		lavons	cette chemise.	We wash this shirt.
Vous		lavez	cette chemise.	You wash this shirt.
Ils / Elles		lavent	cette chemise.	They wash this shirt.

REFLEXIVE FORM

Now, let's use the same verb, but in its **reflexive form** : "**Se laver**" (To wash oneself)

In order to do that, we need to add an extra **PRONOUN** in front of the **VERB**.

SUBJECT	PRONOUN	VERB	OBJECT	MEANING
Je	me	lave.		I wash myself .
Tu	te	laves.		You wash yourself .
Il / Elle	se	lave.		He / She washes himself / herself
Nous	nous	lavons.		We wash ourselves .
Vous	vous	lavez.		You wash yourself .
Ils / Elles	se	lavent.		They wash themselves

As you can see, in the **REFLEXIVE FORM**, there is no **OBJECT** needed anymore,

because the **SUBJECT** is also the **OBJECT** :

"I do something to **myself**"

Type of VERBS which are EXCLUSIVELY REGULAR

Most of the verbs have both **REGULAR** and **REFLEXIVE** form.

But even though it is **rare**,

Some of them are **ONLY REGULAR**.

Here are the mains ones :

INFINITIVE	REGULAR FORM		REFLEXIVE FORM	
Aller	Je vais.	I go.	Je me vais.	I go myself .
Dormir	Je dors.	I sleep.	Je me dors.	I sleep myself .
Tomber	Je tombe.	I fall.	Je me tombe.	I fall myself .

Type of VERBS which are EXCLUSIVELY REFLEXIVE

As well, some of them are **ONLY REFLEXIVE** (even more rare)

INFINITIVE	REGULAR FORM		REFLEXIVE FORM	
Se souvenir	Je souviens .	?	Je me souviens.	I remember.

MOST USEFUL REFLEXIVE VERBS

Since **REFLEXIVE VERBS** express that the action
has an effect on the **SUBJECT** itself,
MOST OF THE VERBS that you use to describe your **DAILY ROUTINE**
are going to be **REFLEXIVE**.

INFINTIVE	PRONUNCIATION	MEANING
Se réveiller	[se ré vè yé]	To wake up
Se lever	[se le vé]	To get up
Se déshabiller	[se dé za bi yé]	To undress
Se laver	[se la vé]	To wash oneself
Se brosser les dents	[se bro sé lé dan]	To brush one's teeth
S'habiller	[sa bi yé]	To get dressed
Se coiffer	[se kou a fé]	To do one's hair
Se maquiller	[se ma ki yé]	To put on makeup
Se concentrer	[se kon san tré]	To focus / To concentrate
S'amuser	[sa mu zé]	To have fun
Se détendre	[se dé tan d r]	To relax
Se coucher	[se kou ché]	To go to bed
Se reposer	[se re po zé]	To have a rest
S'endormir	[san dô r mi r]	To fall asleep

TENSES / ADVERBS / NEGATIVE FORM

No matter what TENSE / ADVERB / NEGATIVE FORM you use, you should place the REFLEXIVE PRONOUN before the FIRST VERB.

SUBJECT	NEGATIVE FORM	PRONOUN	1 st VERB	NEGATIVE FORM	ADVERB	2 nd VERB	MEANING
Je	ne	me	lave	pas	rapidement.		I don't quickly wash myself .
Je	ne	me	suis	pas	rapidement	lavé.	I didn't quickly wash myself .
Je	ne	me	lavais	pas	rapidement.		I was not quickly washing myself .

EXCEPTION

Only when using the « FUTUR PROCHE » tense, the REFLEXIVE PRONOUN comes just before the SECOND VERB :

SUBJECT	NEGATIVE FORM		1 st VERB	NEGATIVE FORM	ADVERB	PRONOUN	2 nd VERB	MEANING
Je	ne		vais	pas	rapidement	me	laver.	I will not quickly wash myself .

