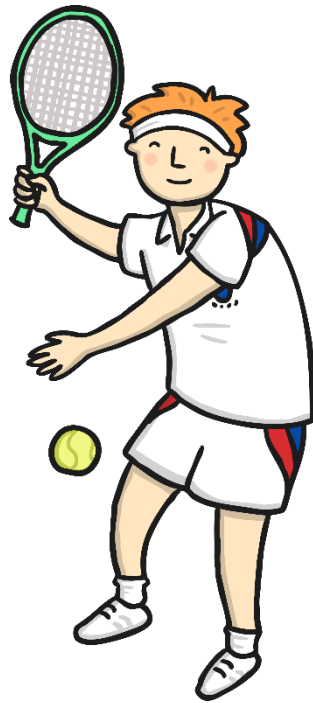


Standard English

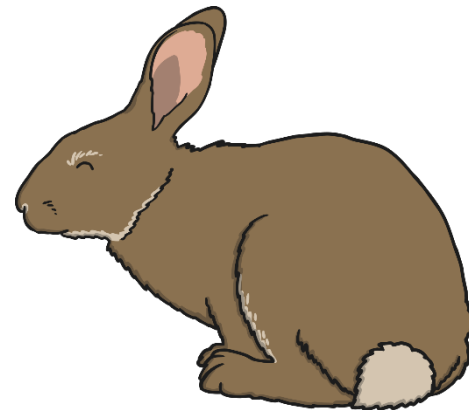
Me, myself and I

Use **I** when referring to yourself as the **subject** of a sentence.



I play tennis.
↑
subject

↑
subject
I like rabbits.



Use **me** when referring to yourself as the **object** of a sentence.



You love **me**.

object

Can you hear **me**?

object



I or me?

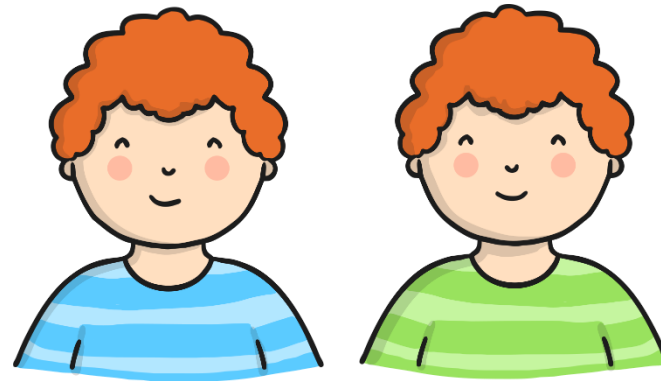
Whether to use **I** or **me** often causes confusion.

For example:

Billy and I are twins.



Billy and me are twins.



In this example, 'Billy and I' forms the **subject** of the verb 'to be'. Therefore **I** should be used rather than **me**.

I or me?

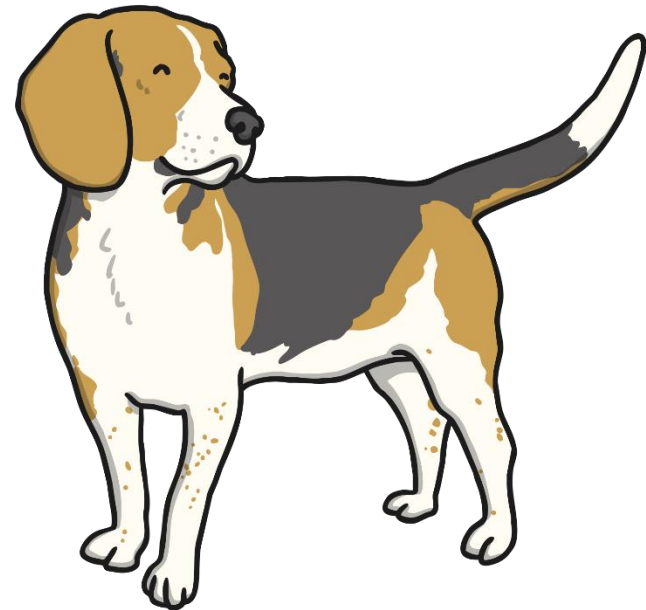
In the following example, **me** forms part of the **object** of the verb 'to follow' and therefore should be used rather than **I**.

For example:

The dog followed Billy and **me**.



The dog followed Billy and I.



I or me?

A pronoun used after a **preposition** **must** be the **object** of that preposition, so **me** should be always used in this context too.

For example:

The dog sat behind Billy and me.



The dog sat behind Billy and I.



Between you and me, I don't like him much.



Between you and I, I don't like him very much.

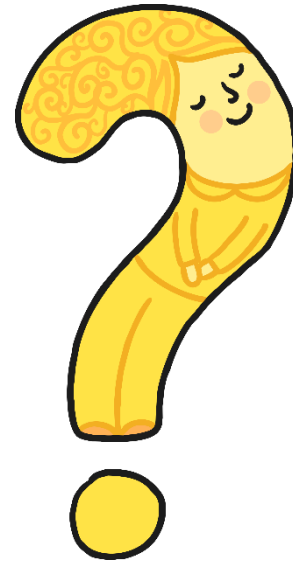


Use **myself** when you are doing something to you!

For example:

I covered myself in sun lotion.

I asked myself a question.



Myself is a reflexive pronoun.

This means that it is used when the **object** is the same person as the subject.

subject → **I** hurt myself. ← **object** and **reflexive pronoun**

Reflexive pronouns are 'mirror words' which reflect a word already expressed (hence the name 'reflexive').

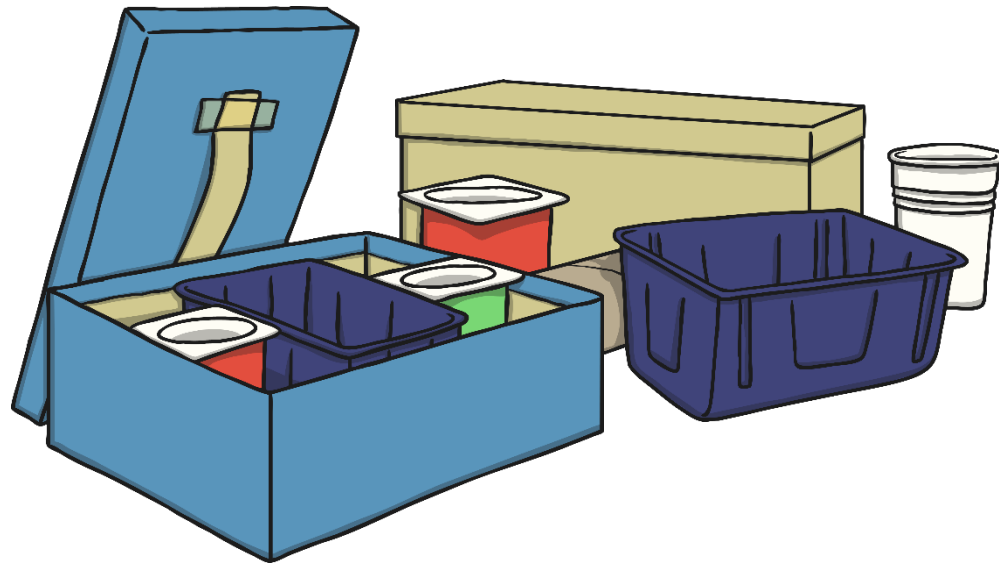
Myself can also be used as an **emphatic pronoun.**

When used in this way, **myself** restates or emphasizes another pronoun in the sentence.

For example:

I made this myself, or

I myself made this.

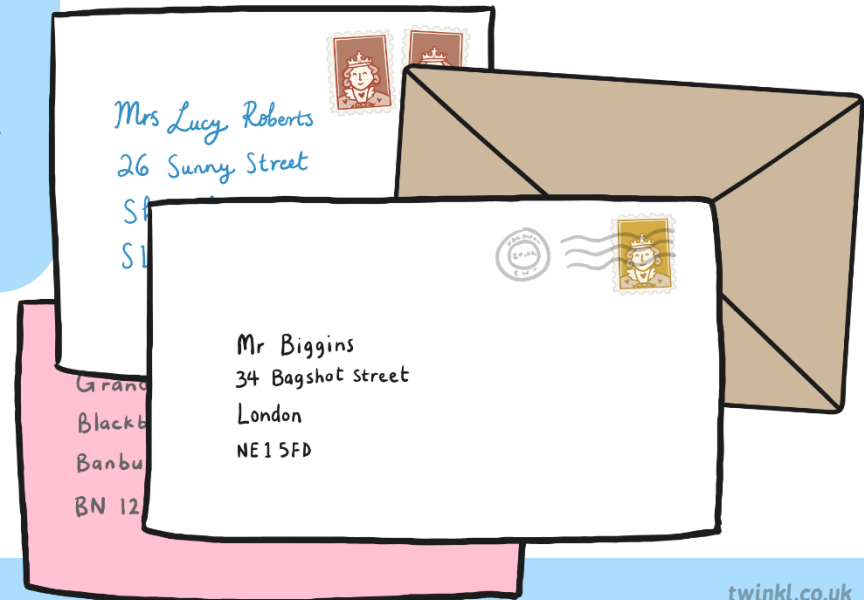


These are the only times you
can use **myself**.

Don't be tempted to use **myself** because you think it sounds
more formal or polite!

For example:

Please contact myself if you have
any questions.



Task: Write out the sentences, adding me, myself or I in the spaces.

My dad and ____ are hoping to go camping.

I cooked this meal for you ____.

My brother wants to come camping with my dad and ____.

If you would like to discuss this further, please contact ____ immediately.

I try to look after ____ by eating healthily and exercising.

Answers

My dad and **I** are hoping to go camping.

I cooked this meal for you **myself**.

My brother wants to come camping with my dad and **me**.

If you would like to discuss this further, please contact **me** immediately.

I try to look after **myself** by eating healthily and exercising.

Similar rules apply to other pronouns. The pronoun we use is dependent on whether it is a subject or object of the sentence.

	Subject	Object
Singular	I	Me/myself
Female	She	Her/herself
Male	He	Him/himself
Plural (3 rd person)	They	Them/themselves
Plural (1 st person)	We	Us

Play one of these games to practise:

<https://www.eslgamesplus.com/subject-object-pronouns-game/>