Reflexive pronouns are words like **himself, herself, itself, myself, themselves, yourself, yourselves** and **ourselves**.

When reflexive pronouns are used for emphasis they are called **emphatic pronouns**.

Study the example given below.

He did the job. He did not ask anyone to do it.

We can express the same idea with the help of an emphatic pronoun.

He did the job **himself**. OR He **himself** did the job.

Let’s do the work. Let’s not request anyone’s help.

Let’s do the work **ourselves**.

He is only ten. He washes his clothes. He doesn’t ask his mother to wash them for him.

Though he is only ten he washes his clothes **himself**.

The farmer sowed the seeds. He did not hire anyone.

The farmer **himself** sowed the seeds.

We should train our boys to wash their clothes. We should not ask the maidservant to do it.

We should train our boys to wash their **clothes** themselves.

My father takes me to the school. He does not let anyone else do it.

My father **himself** takes me to the school.

The principal came to the class to make the announcement. He did not send anyone.

The principal **himself** came to the class to make the announcement.

Our Manager called me to give the news. He did not ask anyone to do it.

Our manager **himself** called me to give the news.

I generally proofread my letters and documents. I don’t ask anyone to do it for me.
I myself proofread my letters and documents.