

Advanced English **C1-C2**

57 common

Reflexive **verbs in English**

with definitions and example sentences

abandon yourself to something , abase/debase yourself ,
accustom yourself to something ,acquaint yourself with
something , acquit yourself , ally yourself with somebody,
apply yourself to (doing) something, assert yourself ,
avail yourself of something , bestir yourself ,
better yourself , brace yourself (for something), (not)
bring yourself to do something , busy yourself with
something , carry yourself , commit yourself to (doing)
something , conduct yourself , content yourself with
something , and many more...

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Written by D.Méndez.

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C1-C2
110
COMMON MISTAKES
IN WRITING

- ✗ Have difficulty to do sth
- ✓ Have difficulty (in) doing sth
- ✗ In and on itself
- ✓ In and of itself
- ✗ All of the sudden
- ✓ All of a sudden
- ✗ Dangling Participles
- ✗ Squinting Modifiers and many more...

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PHRASAL VERBS

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37
38
39
40
41
42
43

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Good morning/afternoon. My name is _____ and this is my
flourish
Did your names are?
Can I have your mark sheets please?
Here you
First of all, we'd like to know something about you.
Where are you from. (Candidate A)?
Hi you. (Candidate B)?


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INDEX

PAGE [click on verbs to see definitions and examples](#)

5	abandon yourself
5	abase/debase yourself
5	accustom yourself to something
6	acquaint yourself with something
6	acquit yourself
6	ally yourself to/with somebody/something
7	apply yourself to (doing) something
7	assert yourself
8	avail yourself of something
8	bestir yourself
8	better yourself
9	brace yourself (for something)
9	(not) bring yourself to do something
9	busy yourself with something
10	carry yourself
10	commit yourself to (doing) something
10	conduct yourself
12	content yourself with something
12	cover yourself (against)
12	cover yourself in/with
13	dedicate yourself to (doing) something
13	delude yourself
13	demean yourself (by doing something)
14	deny yourself
14	deprive yourself of something
14	devote yourself to something/somebody
15	discipline yourself to do something
15	distinguish yourself
15	excel yourself

PAGE

16	exert yourself
16	familiarise yourself with something
16	find yourself
17	gorge yourself on something
17	help yourself (to something)
18	immerse yourself in something
18	indulge yourself (with something)
18	Interest yourself in something
20	involve yourself in something
20	kid yourself
20	(something) lends itself to something
21	lose yourself in something
21	lower yourself (to do something)
21	nerve yourself (to do something)
22	overreach yourself
22	pace yourself
22	perch yourself on something
23	preen yourself
23	pride yourself on something
23	prove yourself (to sb/ by doing sth)
24	push yourself
24	redeem yourself
24	resign yourself to (doing) something
25	restrain yourself (from doing something)
25	steel yourself (to do something)
25	steep yourself in something
26	stir yourself
26	suit yourself
26	surpass yourself

COMMON C1/C2 REFLEXIVE VERBS

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 to prepare for your
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abandon yourself to sth	dedicate yourself to (doing) something	(sth) lends itself to sth
abase/debase yourself	delude yourself	lose yourself in sth
accustom yourself to sth	demean yourself (by doing sth) (formal)	lower yourself (to do sth)
acquaint yourself with sth (formal)	deny yourself	nerve yourself (to do sth)
acquit yourself (formal)	deprive yourself of sth	overreach yourself
ally yourself to/with sb/sth	devote yourself to sth/sb	pace yourself
apply yourself to (doing) sth	discipline yourself to do sth	perch yourself on sth
assert yourself	distinguish yourself	preen yourself
avail yourself of sth	excel yourself	pride yourself on sth
bestir yourself (formal/humorous)	exert yourself	prove yourself (to sb/ by doing sth)
better yourself	familiarise yourself with something	push yourself
brace yourself (for sth)	find yourself	redeem yourself
(not) bring yourself to do something	gorge yourself on sth	resign yourself to (doing) sth
busy yourself with sth	help yourself (to sth)	restrain yourself (from doing sth)
carry yourself	immerse yourself in sth	steel yourself (to do sth)
commit yourself to (doing) something	indulge yourself (with sth)	steep yourself in sth (formal)
conduct yourself (formal)	Interest yourself in sth (formal)	stir yourself
content yourself with sth	involve yourself in sth	suit yourself
cover yourself (against) cover yourself in/with	kid yourself	surpass yourself (formal)

abandon yourself to something

(literary) to allow yourself to be controlled completely by a feeling or way of living:

- She abandoned herself to her emotions.
- They danced all night, abandoning themselves to the atmosphere.
- He abandoned himself to despair.

abase yourself / debase yourself

(formal) to behave in a way that makes people lose respect for you

- She had to abase herself before her boss to keep her job.
- You will debase yourself by accepting a bribe.

accustom yourself to something

to make yourself familiar with new conditions:

- It'll take time for me to accustom myself to the changes.
- It took him a while to accustom himself to the idea.
- She quickly accustomed herself to the darkness.

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apply yourself to (doing) something

to work very hard on something for a long time so that you succeed at it

- You need to prove to an employer that you can apply yourself.
- You can solve any problem if you apply yourself.
- We applied ourselves to finding a solution to our problem.
- Over the next months, she applied himself to improving her technique.

assert yourself

to behave in a way that expresses your confidence, importance, or power and earns you respect from others:

- I really must assert myself more in meetings.
- Don't be afraid to assert yourself and make your views clear.
- Refusing to help with the housework was his way of asserting himself.

avail yourself of something

(formal) to make use of something, especially an opportunity or offer

- Guests are encouraged to avail themselves of the full range of hotel facilities.
- Only a few companies have availed themselves of the free training programme.

bestir yourself

(formal/humorous) to become active after a period of rest:

- I'd better bestir myself - there's work to be done
- He needs to bestir himself and start looking for a job.

better yourself.

to improve your social position through education, a better job, etc.

- Thousands of Victorian workers joined educational associations in an attempt to better themselves.
- A lot of people are trying to better themselves.

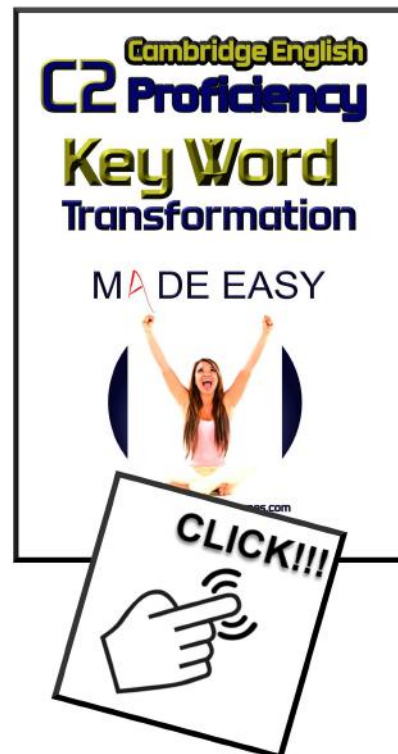
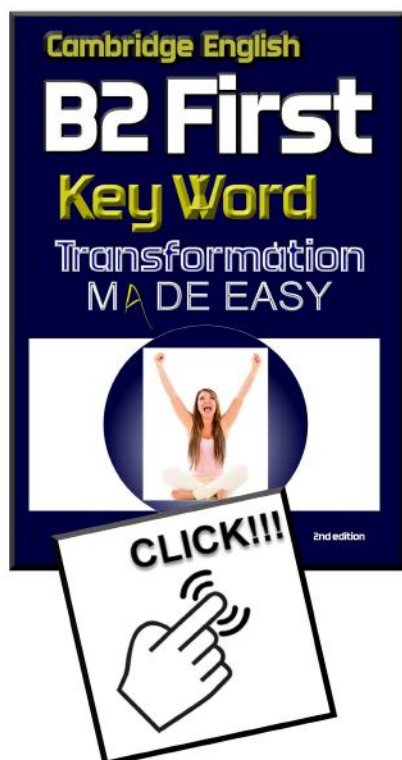
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dedicate yourself to (doing) something

to give a lot of your time and effort to a particular activity or purpose because you think it is important

- She dedicates herself to her work.
- The new president said she would dedicate herself to protecting the rights of the sick and the homeless.
- He dedicated himself to academic work.

delude yourself into (doing) something

to choose to believe something that is not true

- He's deluding himself if he thinks he's going to be promoted this year.
- He's deluding himself if he thinks it's going to be easy.
- It is easy to delude yourself into believing you're in love.

demean yourself (by doing something)

(formal) to cause someone to become less respected:

- I wouldn't demean myself by asking my parents for money.
- You're a liar, and I won't demean myself by talking to you.

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exert yourself

to make a mental or physical effort

- I was too tired to exert myself.
- In order to be successful he would have to exert himself.
- He didn't want to exert himself on such a hot day.

familiarise yourself with something

to learn about something

- We spent a few minutes familiarising ourselves with the day's schedule.
- You'll need time to familiarise yourself with our procedures.
- As a teacher, I try to familiarise myself with a wide variety of subjects.

find yourself (doing something)

to discover yourself doing something or in a particular situation, especially when this is unexpected

- She woke up and found herself in a hospital bed.
- I suddenly found myself running down the street.

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immerse yourself in something

to become completely involved in something

- He immersed herself in his work.
- I immediately immersed myself in the task.
- I got some books out of the library and immersed myself in German history and culture.

indulge yourself (with/in something)

to allow yourself to have something enjoyable, especially more than is good for you

- I love champagne but I don't often indulge myself.
- I indulged myself with a long hot bath.
- For a special treat, indulge yourself with one of these luxury desserts.

Interest yourself in something

(formal) to give something a lot of attention because you want to find out more about it

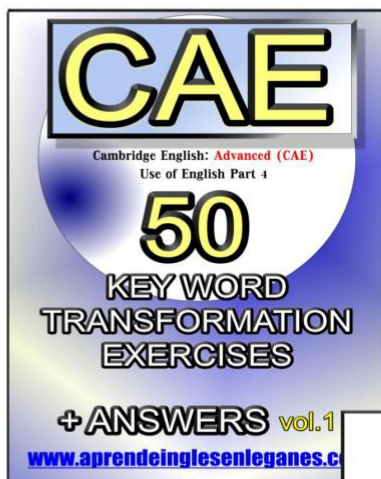
- He has always interested himself in charity work.
- She had always interested herself in foreign affairs.

C1 Advanced

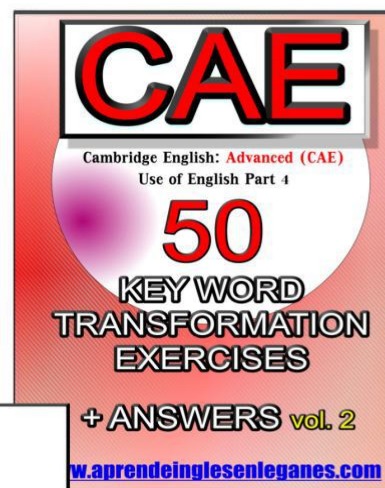
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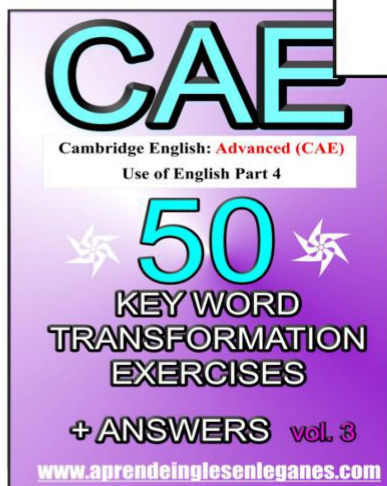
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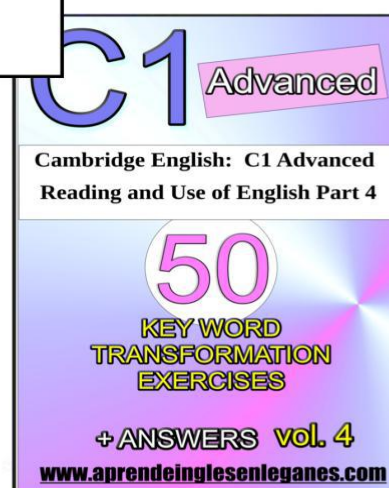
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lose yourself in something

to become so interested in something that it takes all your attention

- She likes nothing better than to lose herself in a book.
- She listened intently to the music, losing herself in its beauty.

lower yourself (to do something)

to behave in a way that makes other people respect you less

- I wouldn't lower myself by working for him.
- I wouldn't lower myself to respond to his insults if I were you.

nerve yourself (to do something)

to make yourself brave enough to do something:

- It took her several months before she eventually nerved herself to invite him to her house.
- He nerved himself to ask her out.
- Finally she nerved herself to go and talk to him.

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push yourself

to make yourself work hard

- You'll never be successful if you don't push yourself harder.
- Lola should push herself a little harder.
- They keeps pushing themselves to get better.

redeem yourself

to do something to improve the opinion that people have of you, especially after you have done something bad

- He has a chance to redeem himself after last week's mistakes.
- He was an hour late, but he redeemed himself in her eyes by giving her a huge bunch of flowers.

resign yourself to (doing) something

to make yourself accept something that you do not like because you cannot change it:

- He resigned himself to living alone.
- She resigned herself to her fate.
- We had to resign ourselves to making a loss on the sale.

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