

《牛津博客词汇辨析：themselves & themself》

The standard reflexive pronoun form which corresponds to the plural forms they and them is themselves:

Themselves??????they?them???????

I just showed the boys the refrigerator and told them to help themselves.

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In current English, they and them are sometimes used in singular contexts, to refer to a person whose gender is unspecified . For example:

??????they?them????????????????????

If your child is thinking about a gap year, they can get good advice from this website.

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In recent years, people have started to use themself to correspond to this singular use of they and them: it's seen as the logical singular form of themselves. For example:

?????????themself??they?them?????????themselves????????

This is the first step in helping someone to help themself.

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This form is not yet accepted by everyone, though, and you should avoid using it in formal written contexts. If you were writing the sentence above, you should say:

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This is the first step in helping someone to help themselves.

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