

Pronoun Guide

A List of Pronouns and How to Use Them

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with
Gender Neutrality in the Spanish Language note by Frankie (they/them)

*****TW (TRIGGER WARNING):** *misgendering, assuming pronouns, identity invalidation, safety (and lack thereof) of trans*, gender non-conforming, and/or queer individuals and people in general (in the context of pronoun usage), being “in the closet”/having to hide your identity, unwanted outing of identity (in the context of pronoun usage), feeling like a burden****

Introduction

Hello!! My name is Andrew, and my pronouns are they/them/theirs and ze/zem/zirs! I am a trans* gender non-conforming human who has used a bunch of pronouns myself! There are lots and lots (and lots) of pronouns out there, and it is incredibly important to know your stuff so that people who use less common pronouns (sometimes referred to as “neopronouns”, though many of them have been around for centuries) are respected and feel comfortable and supported by and around you!

I have comprised this guide for pronoun usage based off of every set of pronouns that I could find that are currently in use! Therefore, this list will never fully be finished or complete... SO if you know of any others, I would love to add them, and if you find anything to fix or add to any particular set and/or its examples, please let me know!

The list includes the subject, object, possessive adjective, possessive pronoun, and reflexive forms of each pronoun/set of pronouns. It also includes common pronunciations for each form of each pronoun, an example sentence for each form of each pronoun, and an example phrase utilizing the different forms together! I decided against using phonetic spelling in hopes of creating a simpler and more easily understood pronunciation guide.

Reacting to People’s Personal Pronouns

When a person introduces their pronouns to you, it is vital to avoid making a huge deal out of it; don’t make them feel weird or confusing or complicated! Especially since many of us struggle with feeling like a bit of a burden for asking for different pronouns, it’s super important to allow people

to exist in your space with whatever pronouns, absence of pronouns, mixture of pronouns, etc. that they feel most themselves using, rather than expecting them to conform for or to us. Their pronouns may or may not be on this list! You may have never heard of them before! That's okay; that's beautiful; that's important!! Be sure you know how they prefer you to use these pronouns, and if you need to ask for clarification, be cool about it, and only after you've exhausted your other resources. Sometimes, though, there are variations on similar pronoun sets, so it's okay to ensure that you know exactly which variation and pronunciation(s) each individual uses. It's super appreciated!!

Using Multiple Sets of Pronouns

When a person uses multiple sets of pronouns, it is important to include all of the pronouns that they identify with, instead of just the ones that are easiest or most comfortable for you, or the ones that you think fit them best! This can vary from person to person, as some individuals use all of their pronouns equally and interchangeably, while other individuals may use certain pronouns more than other pronouns, or change them depending on the day, time, etc.! For most people (and as a person who uses multiple pronouns myself), it's best to kindly ask the person the best way to use their mix of pronouns and what's truest and most comfortable for them!

Be sure to refrain from using words like "confusing" or "complicated" when a person identifies with multiple sets of pronouns. As with all pronouns, refrain from harping on how hard it will be to learn their pronouns and/or the work you will have to or have had to put into learning them or adjusting to them. Do your research and practice so that they don't have to feel like a burden, challenge, or struggle, and so that they don't feel invalidated or that it takes extra work to see and refer to them as they are.

Some examples (there are infinite possibilities, but these are just a few):

-A person who uses they/she/he pronouns and asks that people use these pronouns interchangeably throughout sentences or conversations

-A person who uses she/her pronouns some days and ey/em pronouns other days

-A person who likes using all pronouns (some individuals identify with the term "pronoun indifferent" to describe this) and likes to hear all of them regularly

-A person who uses she/they pronouns "in that order", meaning that they like to hear mostly she/her pronouns, and some they/them pronouns

Assuming Pronouns

It is important to refrain from assuming a person's pronouns whether or not they are in the conversation. This is vital for a few reasons, some of which being:

- Perhaps they are still in the store, establishment, area, etc. and can hear you.
- Perhaps (whether you realize it or not) you are in a conversation with a trans*, gender non-conforming, queer, questioning, etc. person, and by assuming others' pronouns you are reinforcing gender presentation expectations that they already feel pressured to follow and/or it reminds them that others misgender them when they may not be around.
- It helps retrain your brain to stop assuming and expecting certain things from people of certain gender presentations, and to learn that you never know someone's pronouns or gender identity until they publicly or privately state their pronouns (you can always be proactive by paying attention to pronoun pins, pronouns on nametags, etc.).
- It is a process that impacts you less than you misgendering a person and/or assuming their pronouns impacts them!

Maintaining Safety

For the safety of the person who has introduced their (perhaps new or different than you previously used for them) pronouns, it is always vital to ensure that you know which environments are safe for you to use certain pronouns in, in order to avoid "outing" them. This is especially true for individuals who may be "in the closet" (not open with their identity) to their family, certain friends, their workplace, anyone but you, etc. It is just as respectful to respect a person's safety as it is to respect their pronouns!!

Pronoun Sets

E/Em/Eir/Eirs/Emself

E: "A"/"ay"/"aye"

Em: "em"

Eir: "air"

Eirs: "airz"

Emself: "em-self"

"E likes apples."

“Give em the apples.”
“Those are eir apples.”
“Those apples are eirz.”
“E ate the apples emself.”

“I’m going with em to to eir car to get the papers e needs, so that e doesn’t have to go by emself.
The black car is eirs.”

Ey/Em/Eir/Eirs/Emself

Ey: “EE” or “A”/“ay”/“aye”
Em: “em”
Eir: “air”
Eirs: “airz”
Emself: “em-self”

“Ey likes apples.”
“Give em the apples.”
“Those are eir apples.”
“Those apples are eirs.”
“Ey ate the apples emself.”

“I’m going to eir car with em to get the papers ey needs so that ey doesn’t have to go by emself. The
black car is eirs.”

Fae/Faer/Faer/Faers/Faerself

Fae: “fay”
Faer: “fAre”/“fAir”
Faer: “fAre”/“fAir”
Faers: “fAirs”
Faerself: “fAir-self”

“Fae likes apples.”
“Give faer the apples.”
“Those are faer apples.”
“Those apples are faers.”
“Fae ate the apples faerself.”

"I'm going to faer car with faer to get the papers fae needs so that fae doesn't have to go by faerself. The black car is faers."

He/Him/His/His/Himself

He: "hEE"

Him: "him"

His: "hiz"

His: "hiz"

Himself: "him-self"

"He likes apples."

"Give him the apples."

"Those are his apples."

"That apple is his."

"He ate the apples himself."

"I'm going to his car with him to get the papers he needs so that he doesn't have to go by himself. The black car is his."

It/It/Its/Its/Itself

It: "it"

It: "it"

Its: "its"

Its: "its"

Itself: "it-self"

"It likes apples."

"Give it the apples."

"Those are its apples."

"Those apples are its."

"It ate the apples itself."

"I'm going to its car with it to get the papers it needs so that it doesn't have to go by itself. The black car is its."

Jee/Jem/Jeir/Jeirs/Jemself

Jee: "jEE"
Jem: "jem"
Jeir: "jEEr"
Jeirs: "jEErz"
Jemself: "jem-self"

"Jee likes apples."
"Give jem the apples."
"These are jeir apples."
"That apple is jeirs."
"Jee ate the apples jemself."

"I'm going to jeirs car with jem to get the papers jee needs so that jee doesn't have to go by jemself.
The black car is jeirs."

Ne/Nem/Nir/Nirs/Nemself

Ne: "nEE"
Nem: "nem"
Nir: "nEEr" or "ner"
Nirs: "nEErz" or "nerz"
Nemself: "nem-self"

"Ne likes apples."
"Give nem the apples."
"Those are nir apples."
"Those apples are nirs."
"Ne ate the apples nemself."

"I'm going to nir car with nem to get the papers ne needs so that ne doesn't have to go by nemself.
The black car is nirs."

Ne/Ner/Nis/Nis/Nemself

Ne: "nEE"
Ner: "nEEr" or "ner"
Nis: "niz"
Nis: "niz"
Nemself: "nem-self" "nim-self"

"Ne likes apples."

"Give ner the apples."

"Those are nis apples."

"Those apples are nis."

"Ne ate the apples nemsself."

"I'm going to nis car with ner to get the papers ne needs so that ne doesn't have to go by nemsself.
The black car is nis."

Per(or Person)/Per/Per/Pers/Perself

Per: "per"

Person: "per-sin" or "per-sun"

Per: "per"

Per: "per"

Pers: "perz"

Perself: "per-self"

"Per likes apples." or "Person likes apples."

"Give per the apples."

"Those are per apples."

"Those apples are pers."

"Per ate the apples perself."

"I'm going to per car with per to get the papers per needs so that per doesn't have to go by perself.
The black car is pers."

Phe/Per/Pers/Pers/Perself

Phe: "fEE"

Per: "per"

Pers: "perz" or "pers"

Pers: "perz" or "pers"

Perself: "per-self"

"Phe likes apples."

"Give per the apples."

"Those are pers apples."

"Those apples are pers."

"Phe ate the apples perself"

"I'm going to pers car with per to get the papers phe needs so that phe doesn't have to go by perself. The black car is pers."

She/Her/Her/Hers/Herself

She: "shEE"

Her: "her"

Her: "her"

Hers: "herz"

Herself: "her-self"

"She likes apples."

"Give her the apples."

"Those are her apples."

"That apple is hers."

"She ate the apples herself."

"I'm going to her car with her to get the papers she needs so that she doesn't have to go by herself. The black car is hers."

[s/he, sHe, or s/He]/hir/hir/hirs/hirself

s/he: "shEE-hEE" or "shEE"

sHe: "shEE-hEE" or "shEE"

s/He: "shEE-hEE" or "shEE"

Hir: "hEEr" or "her"

Hir: "hEEr" or "her"

Hir: "hEEr" or "her"

Hirself: "hEEr-self" or "her-self"

"S/he likes apples." or "sHe likes apples." or "s/He likes apples."

"Give hir the apples."

"Those are hir apples."

"That apple is hirs."

"[S/he, sHe, or s/He] ate the apples hirself."

"I'm going to hir car with hir to get the papers [s/he, sHe, or s/He] needs so that [s/He, sHe, or s/He] doesn't have to go by hirself. The black car is hirs."

Sie/Hir/Hir/Hirs/Hirself

Sie: "sEE"

Hir: "hEEr" or "her"

Hir: "hEEr" or "her"

Hirs: "hEErz" or "herz"

Hirself: "hEEr-self" or "her-self"

"Sie likes apples."

"Give hir the apples."

"Those are hir apples."

"That apple is hirs."

"Sie ate the apples hirself."

"I'm going to hir car with hir to get the papers sie needs so that sie doesn't have to go hirself. The black car is hirs."

They/Them/Their/Theirs/[Themselves*, Theirself, Themselves, or Theirselves]

*The most widely used reflexive form of this pronoun is "themselves", though there are many variations of the pronoun in this form.

They: "thAy" or "thaye"

Them: "them" or "thim"

Their: "thAre" or "thAir"

Theirs: "thArez" or "thAirz"

Themselves: "them-self"

Theirself: "thAre-self" or "thAir-self"

Themselves: "them-selvz"

Theirselves: "thAre-selvz" or "thAir-selvz"

"They like apples."

"Give them the apples."

"Those are their apples."

"That apple is theirs."

"They ate the apples themself/theirself/themselves/theirselves."

"I'm going to their car with them to get the papers they need, so that they don't have to go by [themselves, theirself, or theirselves]. The back car is theirs."

Tho/Thor/Thor/Thors/Thongself

Tho: "thO" or "thOH" or "though"

Thor: "thoor"

Thor: "thoor"

Thors: "thoorz"

Thongself: "thong-self"

"Tho likes apples."

"Give thor the apples."

"Those are thor apples."

"That apple is thors."

"Tho ate the apples thongself."

"I'm going to thor car with thor to get the papers tho needs so that tho doesn't have to go by thongself. The black car is thors."

Thon/Thon/Thons/Thon's/Thonself

Thon: "thon"

Thon: "thon"

Thons: "thonz"

Thon's: "thonz"

Thonself: "thon-self"

"Thon likes apples."

"Give thon the apples."

"Those are thons apples."

"That apple is thon's."

"Thon ate the apples thonself."

"I'm going to thons car with them to get the papers thon needs so that thon doesn't have to go by thonself. The black car is thon's."

Ve/Ver/Vis/Vis/Verself

Ve: "vEE"

Vir: "ver" or "vEEr"

Vis: "viz"

Vis: "viz"

Verself: "ver-self"

"Ve likes apples."

"Give ver the apples."

"Those are vis apples."

"That apple is vis."

"Ve ate the apples verself."

"I'm going to vis car with ver to get the papers ve needs so that ve doesn't have to go by verself. The black car is vis."

Xe/Hir/Hir/Hirs/Hirself

Xe: "zee"

Hir: "hEEr" or "her"

Hir: "hEEr" or "her"

Hirs: "hEErz" or "herz"

Hirself": "hEEr-self" or "her-self"

"Xe likes apples."

"Give hir the apples."

"Those are hir apples."

"That apple is hirs."

"Xe ate the apples hirself."

"I'm going to hir car with hir to get the papers xe needs so that xe doesn't have to go by hirself. The black car is hirs."

Xe/Xir/Xir/Xirs/Xirself

Xe: "zEE"

Xir: "zEEr" or "zer"

Xir: "zEEr" or "zer"

Xirs: "zEErz" or "zerz"

Xirself: "zEEr-self" or "zer-self"

"Xe likes apples."

"Give xir the apples."

“Those are xir apples.”

“That apple is xirs.”

“Xe ate the apples xirself.”

“I’m going to xir car with xir to get the papers xe needs so that xe doesn’t have to go by xirself. The black car is xirs.”

Xe/Xyr/Xyr/Xyrs/Xyrself

Xe: “zEE”

Xyr: “zEEr” or “zer”

Xyr: “zEEr” or “zer”

Xyrs: “zEErz” or “zerz”

Xyrself: “zEEr-self” or “zer-self”

“Xe likes apples.”

“Give xyr the apples.”

“Those are xyr apples.”

“That apple is xyrs.”

“Xe ate the apples xyrself.”

“I’m going to xyr car with xyr to get the papers xe needs so that xe doesn’t have to go by xyrself. The black car is xyrs.”

Xe/Xem/Xyr/Xyrs/Xemself

Xe: “zEE”

Xem: “zem”

Xyr: “zEEr” or “zer”

Xyrs: “zEErz” or “zerz”

Xemself: “zem-self”

“Xe likes apples.”

“Give xem the apples.”

“Those are xyr apples.”

“That apple is xyrs.”

“Xe ate the apples xemself.”

“I’m going to xyr car with xem to get the papers xe needs so that xe doesn’t have to go by xemself. The black car is xyrs.”

Ze/Hir/Hir/Hirs/Hirself

Ze: "zEE"

Hir: "hEEr" or "her"

Hir: "hEEr" or "her"

Hirs: "hEErz" or "herz"

Hirself: "hEEr-self" or "her-self"

"Ze likes apples."

"Give hir the apples."

"Those are hir apples."

"That apple is hirs."

"Ze ate the apples hirself."

"I'm going to hir car with hir to get the papers ze needs so that ze doesn't have to go by hirself. The black car is hirs."

Ze/Mer/Zer/Zers/Zemself

Ze: "zEE"

Mer: "mer"

Zer: "zer"

Zers: "zerz"

Zemself: "zem-self"

"Ze likes apples."

"Give mer the apples."

"Those are zer apples."

"That apple is zers."

"Ze ate the apples zemself."

"I'm going to zer car with mer to get the papers ze needs so that ze doesn't have to go by zemself. The black car is zers"

Ze/Zem/Zir/Zirs/Zirself

Ze: "zEE"

Zem: "zem"

Zir: "zEEr" or "zer"
Zirs: "zEErz" or "zerz"
Zirself: "zEEr-self" or "zer-self"

"Ze likes apples."
"Give zem the apples."
"Those are zir apples."
"That apple is zirs."
"Ze ate the apples zirself."

"I'm going to zir car with zem to get the papers ze needs so that ze doesn't have to go by zirself.
The black car is zirs."

Zhe/Zhim/Zher/Zhers/Zhimself

Zhe: "zEE"/ "[zh]EE"
Zhim: "zim"/ "[zh]im"
Zher: "zer"/ "zAre"/ "zAir"/ "[zh]er"/ "[zh]Are"/ "[zh]Air"
Zhers: "zerz"/ "zArez"/ "zAirz"/ "[zh]er"/ "[zh]Are"/ "[zh]Air"
Zhimself: "zim-self"/ "[zh]im-self"

"Zhe likes apples."
"Give zhim the apples."
"Those are zher apples."
"Those apples are zhers."
"Zhe ate the apples zhimself."

"I'm going to zher car with zhim to get the papers zhe needs so that zhe doesn't have to go by zhimself. The black car is zhers."

Zie/Zir/Zir/Zirs/Zirself

Zie: "zEE"
Zir: "zEEr" or "zer"
Zir: "zEEr" or "zer"
Zirs: "zEErz"
Zirself: "zEEr-self" or "zer-self"

"Zie likes apples."
"Give zir the apples."

“Those are zir apples.”

“That apple is zirs.”

“Zie ate the apples zirself.”

“I’m going to zir car with zir to get the papers zie needs so that zie doesn’t have to go by zirself. The black car is zirs.”

Zie/Zim/Zir/Zirs/Zirself

Zie: “zEE”

Zim: “zim”

Zir: “zEEr” or “zer”

Zirs: “zEErz”

Zirself: “zEEr-self” or “zer-self”

“Zie likes apples.”

“Give zim the apples.”

“Those are zir apples.”

“That apple is zirs.”

“Zie ate the apples zirself.”

“I’m going to zir car with zim to get the papers zie needs so that zie doesn’t have to go by zirself. The black car is zirs.”

A Few Other Pronoun Variations!

No pronouns

When a person identifies with no pronouns, you should refrain from using any pronouns to describe the person. Instead, use the person’s name in place of any pronouns. The following is an example using the name Anne!

“Anne likes apples.”

“Give Anne those apples.”

“Those are Anne’s apples.”

“That apple is Anne’s.”

“Anne ate the apples Anne’s self.”

“I’m going with Anne to Anne’s car to get the papers Anne needs so Anne doesn’t have to go by Anne’s self. The black car is Anne’s.”

Nounself Pronouns

When a person identifies with nounself pronouns, you should be sure that you know the variations that the person specifically identifies with. The person may identify with the full noun within each form of the pronoun or with different parts of the noun within each form of the pronoun. The person’s pronoun set may also follow a theme and variations on this theme. It also may not. The following is a widely used example of bunny themed pronouns:

Bun/Bun/Buns/Buns/Bunself

Bun: “bun”

Bun: “bun”

Buns: “bunz”

Buns: “bunz”

Bunself: “bun-self”

“Bun likes apples.”

“Give bun those apples.”

“Those are bun’s apples.”

“That apple is buns.”

“Bun ate the apple bunself.”

“I’m going with bun to buns car to get the papers bun needs so that bun doesn’t have to go by bunself. The black car is buns.”

Gender Neutrality in the Spanish Language

Special thanks to Frankie for their collaboration!

There is no definite, commonly used set of gender neutral pronouns in the Spanish language (and most other romance languages), especially not ones used in day-to-day conversations outside of the internet. Typically, the word “ellos” is used to describe a group of people without regards to gender, but can also be used to describe a group of men. However, more gender neutral language keeps arising to describe gender non-comforming, queer, and trans* individuals within the latinx community. The most common of these ending in -e, -x, or @. These are not the only pronouns that exist, but just the ones most frequently used in online settings.

Elle/Elles Ellx/Ellxs Ell@/Ell@s

“A elle le gusta las manzanas.”/“A ellx le gusta las manzanas.”/“A ell@ le gusta las manzanas.”

“A elles les gustan las manzanas.”/“A ellxs les gustan las manzanas.”/“A ell@s les gustan las manzanas.”

“Esa es la manzana de elle.”/“Esa es la manzana de ellx.”/“Esa es la manzana de ell@.”

“Esas son las manzanas de elles.”/“Esas son las manzanas de ellxs.”/“Esas son las manzanas de ell@s.”

“Elle se comio la manzana.”/“Ellx se comio la manzana.”/“Ell@ se comio la manzana.”

“Elles se comieron las manzanas.”/“Ellxs se comieron las manzanas.”/“Ell@s se comieron las manzanas.”