

# This, that, these, those: further information

## Referring back to something just said or done

We use 'that' when we respond to something which was just said or done.  
For example:

"Let's go to lunch now." "That's a good idea."

"She's very unhappy at the moment." "Why's that?"

## Emotional distance

As well as physical or time differences, we use **this/that** and **these/those** to indicate emotional or mental distance.

**This** and **these** indicate something positive or favourable.

**That** and **those** are for negative or unfavourable situations - there is a sense that we want to distance ourselves from something or someone.

Positive feeling	Negative feeling
I like <b>this</b> new friend of hers - I hope we can see her again.	I can't stand <b>that</b> woman! Don't do <b>that</b> ! You know I don't like it.
<b>These</b> French films that the BBC has been showing are great. I saw <b>these</b> great shoes when I was shopping on Saturday - I think I'll go back and buy them	<b>Those</b> neighbours of mine are so annoying - they play really loud music late at night. I don't like <b>those</b> new computers - I prefer the old ones.

## 'This' or 'it'

**We can use both 'it' and 'this' as pronouns to refer back to something previously mentioned but 'this' is used for particular emphasis when there is something new or interesting:**

**We are going to employ more staff. **This** will make my job easier.**

**If there is more than one point or topic, 'it' refers to the first and 'this' refers to the last:**

**Ireland was the first country in the world to ban smoking in all indoor workplaces.**

**It [Ireland] did this because partial bans weren't effective.**

**Ireland was the first country in the world to ban smoking in all indoor workplaces.**

****This** [the smoking ban] was in March 2004.**

## **'This morning', etc.**

**'This' is usually used to talk about the present and near future but can also be used for the past and the more distant future with times of the day or year. For example:**

**I saw Sandrine **this** morning. [when the day isn't finished]**

**I had a great holiday **this** summer. [when the year isn't finished]**

**What shall we do **this** evening? [said earlier in the day]**

**I'm going to be really busy **this** week. [said at the beginning of the week]**

**We're going to Italy **this** winter. [said earlier in the year]**

## **'One' and 'ones'**

**We use 'one' and 'ones' as pronouns:**

**Do you need a blue pen or a black one?  
I prefer big cars to small ones.**

**We can use determiners with 'one':**

**Do you need **this/that** blue one?  
Do you need **this/that** one?**

**I prefer **this/that** big one.**

I prefer **this/that** one.

We can also use determiners with 'ones' although it is usually considered redundant and should be avoided.

To be avoided	Preferred
Do you need <b>these/those</b> ones?	Do you need <b>these/those</b> ?
I prefer <b>these/those</b> ones.	I prefer <b>these/those</b> .

However, if we use an adjective, we need to use 'ones'.

Do you need **these** blue ones?

I prefer **those** big ones.

Also, 'ones' can be used if we are adding extra information, such as a location, or making a clear distinction between two things. For example:

Do you need **these** ones on the table?

**These** are OK but I prefer **those** ones.

## 'This' and 'that' as adverbs

	Meaning	Examples
<b>This</b>	to an extent or degree, often indicated	<p>I'm not usually <b>this</b> busy. [as busy as I am at the moment]</p> <p>My son is about <b>this</b> tall now. [as tall as I'm indicating physically]</p>
<b>That</b>	as much as suggested or imagined	<p>"How was the meeting? I heard it lasted three hours."</p> <p>"Yes, it did. It was difficult to concentrate <b>that</b> long but it was productive."</p> <p>"I don't like the new manager - he's rude and too demanding."</p> <p>"Oh, he isn't <b>that</b> bad."</p>

## Examples



Results were excellent **this** year. Let's continue in the same way next year but **first**, have a great Christmas, everyone.



**Those** figures are accurate but **these** ones here aren't right.



We did really well in Romania last year. **This** means we can now begin to expand into other Eastern European countries.



**Those** new regulations are causing problems for us.



"Can I have **that** one, please?"  
"Yes, of course. And **these** are nice too. Would you like to try one?"



"I bought a new car."  
"**That's** great. Shall we go for a drive?"



I like **this** idea that Jean-Louis had - what do you think?



"How was the weather in London?"  
"Not **that** bad, actually - it only rained a little."



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