

USING RELATIVE PRONOUNS AS OBJECTS

EXAMPLES →

1. They may not take responsibility for the mistakes **that** they make.
2. People can reduce the amount of stress (**that**) they feel.
3. The people (**whom**) experts worked with learned how to control stress.
4. The expert (**whom**) I talked to told me that getting regular exercise is essential.

FORMS:

OBJECT	SUBJECT	VERB
that	they	make
whom	experts	studied

EXPLANATIONS →

1. A relative pronoun can be the object of a relative clause. The object comes before the subject and the verb because the relative pronoun introduces the relative clause.
2. When the relative pronoun is the object of the relative clause, it can usually be omitted. (A subject pronoun cannot be omitted.)
 - They may not take responsibility for the mistakes (**that**) they make. (**That** can be left out.)
 - The people (**whom**) experts worked with learned how to control stress. (**Whom** can be left out.)
3. A relative pronoun cannot be omitted after a preposition, so speakers usually put the preposition at the end of the clause.
 - The expert **to** whom I spoke recommended some new techniques.
 - The expert I spoke **to** recommended some new techniques.
4. The form of the relative clause indicates the level of formality.

Very formal	the people whom experts worked with
Informal	the people that experts worked with
	the people who experts worked with
Most usual	the people experts worked with

EXERCISE 5: Stress and Health

*Directions: Complete each sentence. Write **who** or **whom** for a person or **that** for a thing in each blank. If the relative pronoun is not necessary, put parentheses around it.*

Different researchers have published findings **(1)** _____ show the relationship between stress levels and health. Through numerous interviews and studies, they have devised a ranking of stress-causing events **(2)** _____ is called the "Social Readjustment Rating Scale." The scale **(3)** _____ they have come up with ranks forty-three significant life events. The researchers didn't rank them according to positive or negative but according to how much mental readjustment is necessary. Each event has an LCU (Life Change Unit) rating from 0 to 100 with marriage at 50. Supporters believe that people **(4)** _____ have a mild stress level of between 150 and 199 LCUs in a year have 37 percent more health problems such as depression. Those **(5)** _____ have a level of 300 LCUs and above have 79 percent more health problems **(6)** _____ are often quite serious. For example, the LCU level of a person **(7)** _____ loses a spouse is 100. Someone **(8)** _____ divorces rates a 73 on the scale. In-laws **(9)** _____ you have trouble with will cause you to score a 29. Vacation even causes some degree of stress, rating 14. It's obvious that, for our health, we need to learn how to manage stress, since there are stressful life events **(10)** _____ we can't control.