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## Abstract

Significance of scratching self-harm

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This study examines the significance of self-harm through fingernail scratching rather than wrist-cutting with a knife, based on the case of a female junior high school student who exhibited such behavior in the school setting. (1) She stated that she felt unnecessary, so that the self-harm constituted an attempt to deny her own existence; (2) The skin, which “envelopes” the entire visible self, represents the existence of the self; scratching self-harm, which damages this skin, conversely reflects a desire for rebirth in the sense of a return to the beginning; (3) Supporters are called on to adopt an attitude of accepting this move toward the rebirth of a new self, “re-enveloping” this emerging self; and (4) Observing the personal growth evident in her real-life case, it can be inferred that this kind of supportive relationship was established during the interview process. By demonstrating the overview above based around the concept of “trust,” the significance of self-harm can be affirmed as described in (2) and the support orientation outlined in (3) can be clarified.

**Keywords:** trust, existence of the self, skin ego, rebirth, attitude of “enveloping”

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