The published text is the voice in the discussion referring to substantiation of protection of personality rights in Poland. There are tensions between the closed catalogue of the sources of law and the freedom of the courts in the protection of personal rights. One of the ways of solution of the conflict is to link the personal rights of immutable human needs described by Abraham Maslow. Maslow's hierarchy of needs is a motivational theory in psychology comprising a five tier model of human needs (physiological, safety, belongingness and love, esteem, self-actualization).

The author analyzes the court decisions, in particular on family ties, the basic biological needs and deprivation of access to electricity and water. In particular, the author stresses that although self-realization can not be fully protected, it plays an important role in determining the limits of the protection of personal rights.