The paper investigates how phasal polarity is expressed in Iraqw (Cushitic, Tanzania). All shades of phasal polarity are expressed in Iraqw by a number of markers. The closest to designated markers for phasal polarity are two verbal adverbs malé ‘again’ and qaro ‘already’. However the concepts of ‘already’ and ‘again’ can also be expressed by other ways including tense/aspect markings on the verb which have wider functions. The paper provides an overview of the adverbs malé and qaro, their semantics, pragmatics and behaviour under negation. I position these two adverbs in the system of verbal adverbs in Iraqw and conclude with some questions about the relevance of the type of morphological expression for the function of phasal polarity items by contrasting Iraqw to some Tanzanian Bantu languages that have phasal polarity “tenses”.