There are many contexts in which people are encouraged to forgive. Forgiveness is praised by Christians, by therapeutic psychologists, and by political theorists. The moral and practical attitude that we ought to take towards forgiveness depends on what forgiveness is, but there turns out to be deep disagreement on this issue. In this talk I will explore some recent philosophical disagreements about the nature of forgiveness. For example, is forgiveness an internal emotional change or an external behavioural change? Is forgiveness a conscious and intentional commitment, or can forgiveness just happen? Does forgiveness, like apology, have to be communicated? Is forgiveness compatible with continuing to punish, or does forgiving preclude further punishment?