Types of Coupling (from worst to best):

1. Content Coupling (Worst):

- One module changes data inside another directly.
- Example: A class directly changes another class's private variable.

2. Common Coupling:

- Many modules share the same global variable.
- Changes in global data affect all modules.

3. External Coupling:

- Modules share external communication format or hardware protocol.
- Example: Two modules must follow the same file format to exchange data.

4. Stamp Coupling:

- Modules share a large data structure but only use parts of it.
- Example: Passing a whole record when only a few fields are needed.

5. Data Coupling:

- Modules share only the needed data via parameters.
- Example: A function takes a customer ID and returns the address.

6. Message Coupling (Best):

- · Modules only interact via message or method call with no data passed.
- Example: Calling printer.print() without kraying how it works.