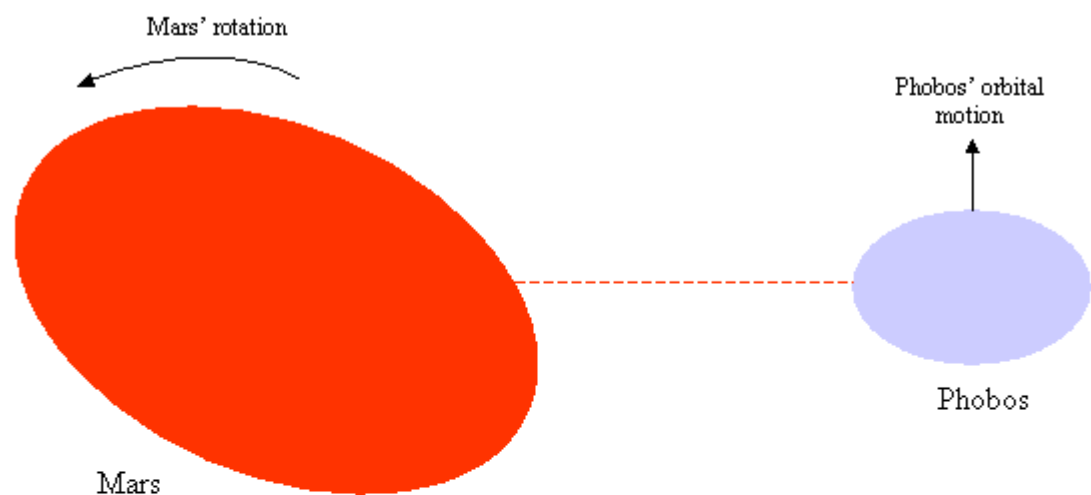In this case Neptune's tidal bulge acts to *slow down* Triton. The moon is spiralling toward Neptune (although it will take billions of years before it reaches the Roche stability limit)

- Phobos is orbiting in the same direction as Mars, but is so close to the planet that its orbital period is less than 1 Martian day. Hence, Phobos is 'outrunning' Mars' tidal bulge, which lags behind. The effect of the bulge is, then, to slow down the moon, causing it to spiral inward.

Phobos would hit Mars in about 50 million years if it stayed intact, but it will reach its Roche stability limit and break apart before then.