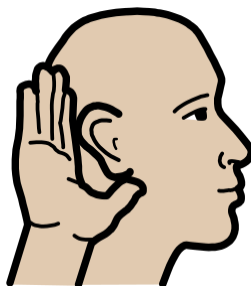


aros ar fy
nghadair



gwrando



gofyn
cwestiwn



rhoi cynnig
ar y gwaith
fy hun



gofyn am
help ffrind



dwi'n gallu
gweithio ar
ben fy hun