

oedi cyn dechrau siarad	newid y pwnc
chwilio am y geiriau iawn	rhoi gormod o fanylion
dechrau drwy siarad am berson arall	dweud ‘faswn i ddim’ yn lle ‘wnes i ddim’
llygaid yn symud,neu’n osgoi’r person arall.	

changing the subject

*hesitating before
starting to speak*

*giving too many
details*

*searching for the right
words*

*say 'I wouldn't'
instead of 'I didn't'*

*start by talking about
another person*

*eyes moving, or
avoiding the other
person.*