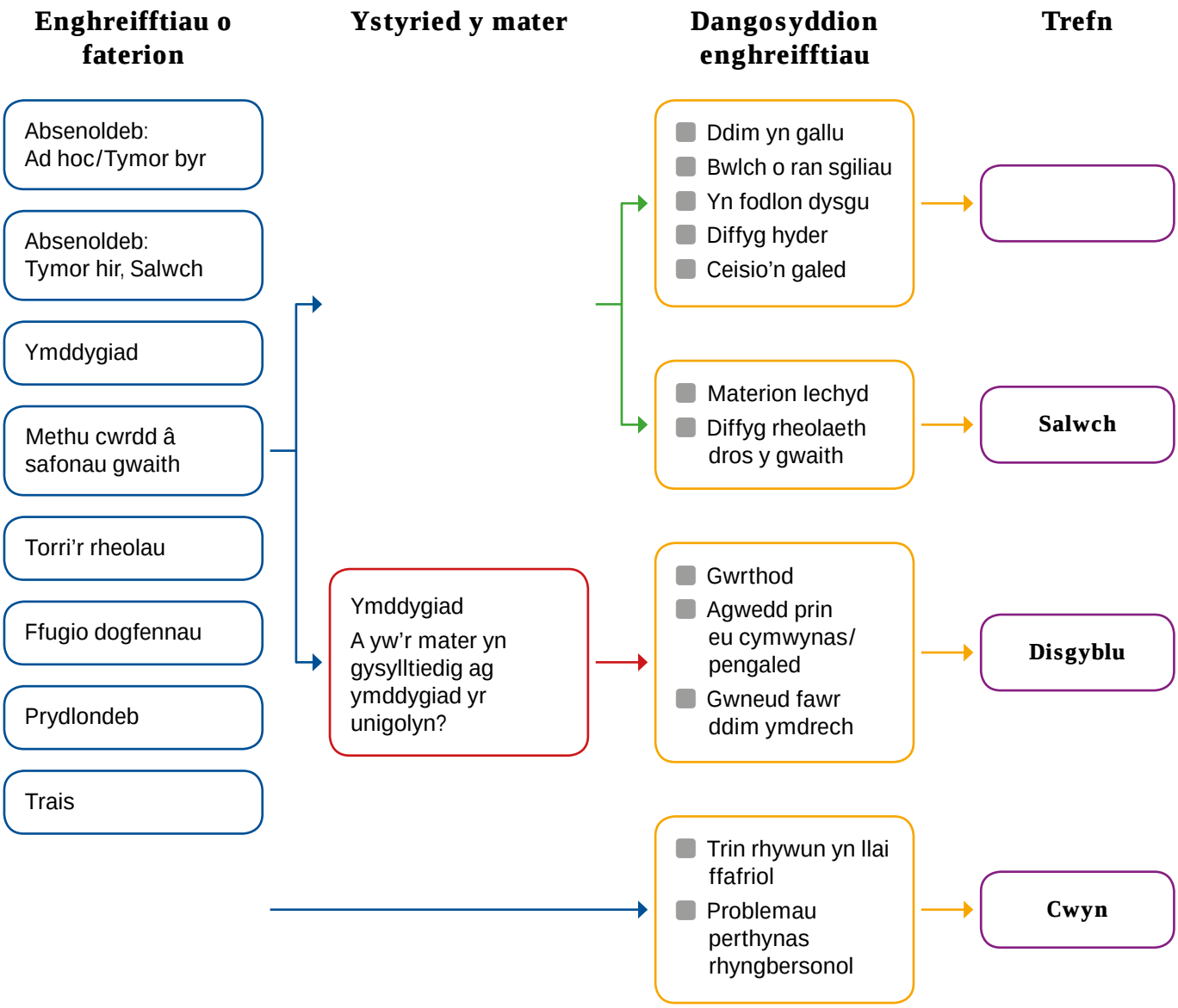Deall y gwahaniaeth rhwng Galluogrwydd ac Ymddygiad