**Spatial navigation:**   
Imagine being in familiar surroundings (your own house for   
  
example), moving from room to room and around rooms.   
  
You have to scan the room and notice what you see as you  
  
look around, rather than think about actually walking around   
  
(to avoid motor activity).

**Auditory imagery:**Think of a favorite song or a familiar tune that you enjoy.   
  
Try to “listen” to it in your head, without mouthing the words  
  
or moving any part of your body.