I need a detour if...

- My beaker is on its way to being full!!!
 - Maybe I notice (maybe with my cheerleader's help) that
 a lot of my Early Warning Signs are showing!!!
 - Maybe I realize that there are too many of my Beaker-Fillers all happening together!!!

I'm not out-of-control, and I'm not in trouble....but I want to keep it that way!!!