

Better Relationships

The 3-3-3 Method How to Reconnect Without the Awkwardness

(A simple way to reach out without second-guessing yourself.)

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Does This Sound Familiar?

You met someone at a conference, a workshop, a meetup.

You liked them. You want to follow up.

But now you're stuck.

- “What do I say?”
- “Is it too late to text them?”
- “How do I keep this going without it feeling weird?”

Let's break this down into exactly what to avoid, what to say, and how to follow up without second-guessing yourself.

✗ What Most People Say (And Why It Doesn't Work)

These are common ways people kill the conversation before it starts:

- “Hey! Just checking in :)”
→ No context. No reason. Nothing to reply to.
- “It was nice meeting you. Let's keep in touch.”
→ Polite. Empty. Goes nowhere.
- “Hope all is well. What are you working on these days?”
→ Generic. Sounds like a LinkedIn bot.

****If they have to work to remember you, you've already lost.**

✓ What to Say Instead

Lead with something you actually talked about.

Remind them who you are and why it matters.

Here's what that looks like:

- “I’ve been thinking about that panel on remote work. Did you ever try that tool they mentioned?”
- “You mentioned you just moved here. How’s it going settling in?”
- “That convo at lunch about burnout really stuck with me. You still figuring out your boundaries at work?”

Do these 3 things:

- Show you listened
- Bring context back into focus
- Give them something to reply to

📌 Why This Works

Most people follow up to “stay in touch.”

You’re following up to continue something that already started.

- Shared context = trust
- Specific memory = emotional safety
- Clear message = easy reply

You’re not interrupting.

You’re reconnecting with purpose.

The 3-3-3 Method

- Day 1 – Send your first message (focused on a shared experience)
- Day 3 – Follow up with a relevant update, question, or callback
- Week 3 – One final check-in

Let's Try It! Use The 3-3-3 Follow-Up Message Builder

Use the 3 steps below to craft a message that sparks genuine connection.

Step 1: Recall the Shared Context

Think back to the moment you met them.

- Where were you when you talked? (panel, hallway, lunch, breakout group)
- What was the topic of conversation?
- Did you laugh about something together?
- Did they mention a goal, frustration, or recent change in their life?

Write down 1–3 things you remember from the interaction:

- 1.
- 2.
- 3.

Step 2: Identify the Connection Thread

Pick one of these angles to continue the conversation:

- Shared experience you both reacted to
- Something they were excited or stressed about
- A story they told that stood out to you
- A topic you were both curious about
- Something they said you've thought about since

Which one feels most natural to bring up?

- Event experience
- Something personal they shared
- A topic that came up
- A follow-up to a resource or recommendation
- Other: _____

Step 3: Draft Your First Message

Use this simple structure:

“I was thinking about [specific thing you shared] and it made me want to reach out. [Genuine question or comment].”

Example:

“I've been thinking about that session on burnout you mentioned trying to set better boundaries at work. How's that going for you?”

 Now write your own version below:

Final Thought: Don't Overthink It!

- Don't worry about being impressive.
- If you remember them, show it.
- If something mattered to you, say it.
- They're probably waiting to hear from you.

 Tools like this give you a framework.

 Coaching gives you results.

If you're ready to stop overthinking, follow through on connections, and show up without masking, I offer both individual and small group coaching.

Together we'll build real connection skills that create trust and authentic relationships.

Testimonial

"I use your lessons in some capacity at least once a day. I've made one really good friend so far."

-Former Client, 39

 Book your free 30-minute Clarity Session here:
<https://calendly.com/patternsofpossibility/clarity-connection>

Not ready to talk but want more? Join my mailing list.