

From Conflict 2 Clarity

Stories of Redemption Written Interview Form

*Purpose: This written interview is designed to help participants share their personal journey of growth, accountability, healing, and redemption through the **From Conflict 2 Clarity** program.*

Participant Name: Robert Manny

Nickname (Optional): _____

Facility/Location: Illinois River Corr. Center

Date: 8/9/26

Interviewer Name: _____

Section 1 - Before the Change

1. Describe your life before joining *From Conflict 2 Clarity*.

A nebulous Cloud of Confusion, hopelessness and anger. I had no direction or sense of what was wrong with me. I just knew that life had to have more meaning than what I was experiencing.

2. What were some of the biggest struggles or conflicts you faced?

My biggest struggle was trying to find out where I fit in in the grand scheme of things, and trying to figure-out why I was drawn toward trouble and danger.

3. How did anger, addiction, trauma, or poor decisions affect your life and relationships?

Anger was an overwhelming factor in my life because I was treated poorly (or so I felt) by my parents; Poor decisions were par for the course my life seemed to be locked on.

4. At that time, how did you see yourself?

Funny how I never saw myself as bad or evil - I thought I was a pretty good person. What I didn't know was that my reaction to my environment was me actually striking back at society.

Section 2 - The Turning Point

5. What led you to participate in *From Conflict 2 Clarity*?

The inevitable results of a life lived poorly - limited choices & opportunities to deserve to stay on the planet, and an over arching desire to do the right thing - for real, for once...

6. Was there a specific moment that made you realize you wanted change?

The moment I realized that striking out at society was not an option. It's time to stop reacting and take some (positive) action to get my life on a positive course

7. Who or what influenced you to take accountability for your actions?

The Lord has brought many people into my life with pieces of a message - You are not alone

8. What emotions did you experience when beginning the program?

The gauntlet: Fear, shame, resentment, anger, Surprise
Warmth of acceptance, eagerness, confusion, Hopefulness,
Sadness, glad

Section 3 - Growth and Transformation

9. What lessons from the program impacted you the most?

Session 2: THE Hidden Chapters - Part 1, 2, 3.
Session 3: The Turning point - The whole session -
Where I ~~to~~ STARTED To See and understand myself differently

10. How has your mindset changed since participating?

I've come from HOPELESSNESS to HOPEFUL as ^{well} ~~that~~
Negative thoughts do not see the light of day. I have
a mindset to encourage others and to share what I've learned

11. What tools or strategies have helped you manage conflict differently?

To Remember that I have a Community to turn to for
support; I have an accountability partner to check
me and check on me from time to time

12. How has your faith, purpose, or outlook on life changed?

Where I once had no ^{FAITH} ~~faith~~; NO ~~hope~~, NO Vision of a ^{Future} ~~Future~~
I now have a Brand ^{NEW} ~~new~~ beginning - A 'DO over'
and it feels great!

13. What personal strengths have you discovered in yourself?

I now have the strength & the knowledge to ^{face}~~face~~ my
part; Plan for the future and marvel at my current
state.

Section 4 - Redemption and Hope

14. What does redemption mean to you personally?

The opportunity to get it right. To come to terms with my past - learn from it but leave it where it is - in the PAST. NEW (REAL) Beginnings and the courage to want the best for myself & others.

15. How do you want your story to impact others?

First, realize the game is not over!
Second, Understand that you are never alone
Third, Where there is willingness - there is Hope
Fourth, Change can be hard, but it is possible
Fifth, NEVER Give up...

16. What would you say to someone who feels stuck in anger, addiction, or hopelessness?

Realizing that you are stuck stuck is the beginning of change, and when ^{there} ~~there~~ is change - there is another story to be written

17. What goals or dreams do you have for your future?

First, I'm going to get my vision corrected because, I don't think you ever get too old to become an ~~influence~~ INFLUENCER. I want to influence as many people as possible to try this program HONESTLY.

18. How do you plan to continue growing after this program?

I'd Like To Get Back Into my field of electronics
and use the course as a mean to ^{INFLUENCE} ~~influence~~ the
Younger generation to make position choices

Section 5 – Final Reflection

19. What are you most proud of about your journey?

THAT I HAD THE COURAGE TO STICK IT OUT,
AND THAT THE NEW ME IS MORE THAN ~~THAT~~ ^{THAN} ~~THAT~~ ^{THAT}
SKIN DEEP – my core values have changed

20. What message would you like to leave for your family, community, or future generations?

THE world will be what you make it. Be kind to others,
Be honest, humble & accountable and you should be
okay

21. Complete this sentence: "From conflict to clarity means..."

From confusion to understanding – of yourself!
It is a means to an end to new purpose; experience
growth, have hope; display leadership; become part of a
community; Take full accountability, Respect & Perseverance
Self-awareness; above all – Love God for the sake of God...

Thank you for sharing your story. Your voice, honesty, and growth have the power to inspire others.