

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: Lawrence Lampky

Nickname (Optional): _____

Facility/Location: Illinois River Correctional Center

Date: 8-5-26

Interviewer Name: _____

Section 1 - Before the Change

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

I was a person who lived in the image of gang members to supply protection throughout my life of being bullied, abused, and the lack of love from family.

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

My struggle with being sexually abused at such an early age and not confiding to anyone due to the shame and embarrassment.

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

I lost the most important relationship which was my children whom I struggle to regain, but I'm afraid, to no avail.

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

As a monster with no hope in life. At that time, I didn't know my wealth and didn't cherish the love of a family that was given to me.

L-Lampley

8-5-26

Section 2 - The Turning Point

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

Losing hope to live because of my past mistakes in life which led to my incarceration for the duration of my life

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

Yes, Mr. Dameron and others starting classes as true mentors for a new community for lifers such as myself.

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

As I've said losing my family was the hardest obstacle to deal with, but through these program programs, I at least, can start to heal by taking responsibility.

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

Shame especially, heartache for bringing up old wounds and speaking in a circle about I endured as a child.

Section 3 - Growth and Transformation

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

Session 6: Living with purpose because I never knew I had a purpose in life, especially after I lost my family. I'm still coping with that fact, but I forgave myself so that one day I may be forgiven by them.

10. How has your mindset changed since participating?

I now look forward to communicating with the community often and knowing that I'm finally loved.

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

We had another class called "Let them / let me" and that taught me that I have no control over others, thinking so I try to defuse any altercation ~~per~~ I may endure by talking about it, taking a pause and thinking about what led to the conflict.

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

My outlook on life has changed because I can now believe even if I have to do life, I can still live life by trusting in God and my community thanks to the outstanding reflection the mentors have on me.

L. Lampley

8-5-26

13. What personal strengths have you discovered in yourself?

I use to think I was a leader to a false image, but through "Conflict 2 Clarity," I'm now a positive leader to help guide others and help them change the way I have. My family (cousins, brother, mom) notices the change in me and that makes me a leader of our community.

L. Lampley

8-5-26

Section 4 - Redemption and Hope

14. What does redemption mean to you personally?

It means that I can redeem myself by my accountability and growth by going through the process of taking responsibility for my actions and forgiving my self.

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

I want them to know that they can change and heal. I accept the fact that I'm incarcerated and no one put me here but myself and I've changed as a person, so, so can you.

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

I'd say listen to my story and know that I feel your pain as I've been through the same thing. (Or similar).

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

I would like my children to be in my life again first. I'd like to be free someday, and I need counseling to be able to live in the free world again. This class is a goal of change for me and to stay flat and to continue with the love and support of my community.

L. Lamptey

8-5-26

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

By taking more classes offered to me and always
be willing to learn even more

L. Lampley 8-5-26

Section 5 - Final Reflection

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

Being able to say I forgive myself and that
I can do my time constructively even if it's
the duration of my life.

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

That I love you, and your struggle is my struggle.
I'm here and you have a purpose as I do.

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

Accountability and Responsibility.

Please correct grammar and/or spelling.

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