

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: Giovann Jones

Nickname (Optional): _____

Facility/Location: Illinois River Correctional Center

Date: 08-12-2026

Interviewer Name: Self

Section 1 - Before the Change

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

I grew up in a single parent home, raised by my alcoholic mother with no father figure. ~~The~~ The neighborhoods I grew up in were poor, drug infested and gang infested. We were poor, living in poverty with my mom being on welfare and Section 8.

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

We were poor so I remember starving a lot. Because we were poor and ^{on} Section 8, we moved almost every school year. I was late getting in school every year of my adolescence up until my senior year of highschool. Which caused me not to be able to be involved in school activities.

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

Growing up in a violent community and home, caused me to mimic violence. I thought violence could solve all conflicts and problems. Being sexually abused as a child affected me and caused me to experience sexuality too early. Which all these things led to poor decisions and me coming to prison.

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

During my upbringing I saw myself as poor compared to other kids. I never really thought I could grow up to be much or accomplish much.

Section 2 - The Turning Point

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

I needed a change in my life. A change in the way I always thought. A change in my thinking. Knowing that I didn't want to live the same way I was living before I became incarcerated.

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

~~Was~~ I watched going through trial how they basically described me like I was a "monster", and career criminal. I also realized the pain that it caused the victims, and also my friends and family.

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

GOD and the Word of GOD. Reading the Bible after a debate I had with a Jehovah's Witness brother I knew named "Larry", about the Bible even though I knew nothing about the Bible. It made me read the Word, and the rest is history.

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

Relief! That there were others that experienced some of the same things I had, and could relate. I did not feel alone. I started to get the questions answered that I needed.

Section 3 – Growth and Transformation

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

The lessons on "Emotional Discipline", "Personal Responsibility", "Constructive Responses To Conflict", "Healthy Decision-Making", "Personal Growth and Accountability", "Recognizing Emotional Triggers", "Pause Before Reacting" and "Managing Conflict Constructively".

10. How has your mindset changed since participating?

I have become more humble. I am able to solve conflicts without getting angry and wanting to be violent, or go off the "emotional ledge". I can talk through conflicts better.

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

Pausing before reacting is one of the greatest tools I have in my tool chest. Also, even greater than that is the "Let Them / Let Me" theory.

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

I am a follower of Jesus Christ, and the Word of GOD. I am more positive in my mindset and outlook. And I feel that I can go forth and help others who's mindset used to be like mines.

13. What personal strengths have you discovered in yourself?

I am "resilient"! I feel that I am able to make my way through the trials and tribulations of life. I am "determined" and "driven" to now make something out of my life, where ~~where I was once~~ society labeled me as a "throwaway".

Section 4 - Redemption and Hope

14. What does redemption mean to you personally?

It means that I can show society and my family that I am not my "crime". I can rise from adversity, and still be successful in life despite all I have been through.

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

I want others that grew up like me in impoverished neighborhoods and societies that feel that can't overcome their past to see there is a light at the end of the tunnel. You can become a better version of your "old" self.

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

I can get better. First I believe that they should seek GOD. Spirituality has played a huge part in my redemption. GOD will never leave you, nor forsake you, no matter what you did. You can overcome your circumstances!

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

I would love to be released from prison and ~~start~~ start a Food Truck business. With some of the proceeds from my business, I would love to feed the homeless, and contribute to those that are poverty stricken.

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

I plan to continue to ~~grow~~ grow in my faith to GOD. Continue to learn more about Him, and I know all the rest will be added.

Section 5 - Final Reflection

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

Crazy as it sounds, but that I came to prison. The path I was going on the streets, I probably would have been dead. Also, that I was able to go to Barber College and obtain my Barber's License. I have a trade I can use for a lifetime.

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

That just because you make a bad mistake in your life, it does not define your whole life based on that moment or mistake. You can reclaim your life! You Can Reclaim Your Dignity! You Are Not What Your Worst Moments Say You Are!

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

~~That~~ That you can begin to answer the questions of why your life turned out like it did. It means the beginning of therapy for your life. Therapy for your soul! 😊

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