

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: Shane English
Nickname (Optional): Popeye
Facility/Location: Illinois River C.C.
Date: 8/13/2026
Interviewer Name: Self

Section 1 - Before the Change

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

I was all about myself. People didn't always see this though. Outward, I was helpful, I was kind, I would give you the shirt off my back. In my mind though I was expecting something in return or planning on how I would use what I did for my benefit in the future.

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

Prior to my incarceration I struggled with an addiction to pornography and sex. The feeling that came from time spent in these activities were my drug. These actions often guided my day. I was a functioning addict, it still consumed a huge amount of my day.

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

I tried, and usually succeeded, in keeping my addiction hidden from the world. I was able to actively keep up this lifestyle even while in relationships, which I was often in. It caused stress, anxiety, guilt, shame, frustration and even feelings of isolation as I didn't want to be this way but I couldn't find anyone who understood what I was struggling with.

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

A fake, someone phony. I felt alone, I saw myself as unlovable. To me I needed to ~~be~~ be prepared to be hurt, because it was something I expected to happen. This often led to issues of paranoia, thinking my partners were doing something behind my back. It was a manifestation of the guilt I felt

Section 2 - The Turning Point

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

I joined the T.R.I.P. - The Resident Investment Project, program and learned about it there. I wanted people to know the whole me, not just a headline or the worst moment in my life. I'm more that that choice. That choice is not who I am.

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

I've wanted to change for a long time. I didn't like who I was (at least the secret me), or what I was doing (lying, cheating, using women). On the night of my arrest a prayer was answered. My secret life was exposed and a change would begin. I hate all that ^{were} ~~would be~~ hurt though because of my choices.

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

Ultimately it was God. But he put some amazing people in my life who would help lead me to see myself, my behaviors and my actions differently.

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

There was some fear, some anxiety. But there was hope too, lots of hope. I knew I wasn't the monster that society made me out to be. I'd been writing for a few years to share my story with people but I hadn't gotten much feedback, but I also realized I wasn't sharing my story the best way and stories of Redemption helped me write it better

Section 3 - Growth and Transformation

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

The help I got ^{in being} ~~to be~~ honest and authentic. To tell my honest story in my own words and voice. Society already knows what I did and has a headline about me, now I can rewrite the story and begin to change the headline. To show I'm so much more.

10. How has your mindset changed since participating?

I'm more open about my addiction and the choice I made that landed me in prison. I had made a pact with myself that I wouldn't lie about why I was here, but I'd do everything possible to hide it. While I wasn't caught in the cycle of addiction anymore, I wasn't changing certain behaviors. ~~being~~ being open about my struggles.

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

By changing my behaviors - being more honest with others, and especially myself, I do not struggle with nearly as much anxiety, which would put me on edge as it was. I've learned to take ownership of my choices, which takes away the power from others to hold that over me. Better communication with others also.

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

I have always believed in God and Jesus Christ as my Lord and Savior, ^{and} ~~but~~ after my arrest I knew I didn't need to any longer try to hid my secret life from Him (Even though of course He already knew). This brought me peace, which allowed me to focus on other aspects of life. It brought me a new purpose in life and greatly improved my outlook and future.

13. What personal strengths have you discovered in yourself?

I'm working on becoming a writer, ^{and} rather than it feel like a chore, I enjoy it. I've become a mentor in our T.R.I.P. program, getting up in front of our group and leading lessons. Since I've taken away the power of others to hold my choices over me, I've really been coming out of my shell, not so isolated. I'm more empathetic towards others and not thinking about how I can get something out of being nice and truly am just nice to everyone, which brings me great joy and peace. I've been learning how to draw and paint, using my artist side that I never knew I had.

Section 4 - Redemption and Hope

14. What does redemption mean to you personally?

From a religious point it's about being a new creation, the old is gone, a new has been born ~~again~~. In every day life, it's about me seeing the world in a different way. If Jesus has redeemed me, who am I to hold any judgement or ill-will towards anyone based upon their past. I hope others would see me in this same light also.

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

I want people to understand sex and porn addiction better. I feel people don't understand it, so they shrug it off as something made up. I also want to bring hope and inspiration to those who are suffering, that there is help out there. You are not ~~also~~ alone. As a society we are ignorant, even allowing, society that is so harmful to happen openly.

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

For a long time I was stuck in the addiction and trauma cycle of guilt, shame, ^{so} ~~and~~ less, on repeat. I thought no one would understand. As I've opened up and sought help I realized it's out there. I'm not alone. That there are so many who felt the way I did, the way you're feeling now, and they want ~~be~~ to help.

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

I want to see a change to the way our country views incarceration and those who are affected by it. Our current system is nothing more than retribution and warehousing. I want to see a system that does what our state constitution says - return people to useful citizenship. Right now it just hurts people, both inside and outside the walls, and communities, causing more harm and more trauma. page 619

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

With, and through my father. Putting Christ first has been the greatest factor in my change. Continue to learn about myself, this new me. I'm starting to like him. I plan to continue my writing and develop that skill. I want to grow as a mentor and my connection with those around me, which has been a blessing and a help to me.

Section 5 - Final Reflection

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

I think that I'm able to ~~reg~~ recognize the things about who I used to be. I can see who I was which helps me to appreciate all the more who I've become.

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

I'm not a monster. I made horrible choices, and I'm truly sorry for that. I'm sorry for all those that I hurt directly and indirectly - ~~that~~ those lists are very long. I pray daily for reconciliation with those that I love who I'm not in touch with. I pray that they can get to know the new me one day.

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

change ~~from~~ intentionally living ~~to~~ to become the new man I strive for. I'm not there yet, I may never be, but daily I'm working on it - intentionally.

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