



Episode 14: Becky Curran on changing the world with her story

Becky Curran:	00:00	So I'm really excited to be here and we have 10 great speeches tonight, so I want to make sure we get through all of them effectively. And you can definitely meet up with people afterwards and go ask them questions. This is an open forum, a conversation that shouldn't end here. It should be a way for people to continue to interact and share their stories. If something resonates with you, why not go up and tell someone that that story had an impact on you and continue to share stories throughout the week because you'll learn so much. And this is an environment especially where we all have a lot more in common than different. So I'm going to start off by introducing someone who's very important to me is my father. And he is going to talk about what it was like and the beauty of raising a child with dwarfism. Jack Curran.
Sound Effect:	00:54	Audience applause.
Sound Effect:	00:54	Intro music
Angela Santillo:	01:05	This is And Then Suddenly, the podcast about the unexpected moments that turn our lives upside down. I'm Angela Santillo and you just heard Becky Curran onstage at LPA's speaker night, LPA being Little People of America. And before we get to Becky, let's talk about stories. I love stories. I am story fanatic. I am a writer. I'm a playwright. I have my MFA in Theater, which basically means I am a master of dramatic storytelling, which has to be true because my loans are just never ending and copious for that graduate degree. They just never end. You guys, I swear. But the worst part about being a playwright, well there's many difficult parts about being a playwright, but one that kind of just always irritated me was whenever you submitted your work for residency, a workshop or a development process, you would have to include an artistic

statement, which is a statement identifying what you write and why you write it. And my why was always the same, which is I believe stories change the world and our society needs them to advance. Now, I didn't in my artistic statement, give all the reasons, like the anthropological background, which is we've been telling stories since we were hunter gatherers and all those stories and all the stories since usually teach you values and social behavior. We remember stories way more than we remember hard facts and stories raise our empathy. They recently did a study where they looked at the brain and what it did with stories and if you are connected to a character you have an increased level of oxytocin in your brain.

Angela Santillo: [02:43](#)

Oxytocin being the chemical that reduces stress and makes you feel more loving and all of this leads to a better society. That is if we are telling the right stories in the right ways, which is part of the why I have this podcast I mentioned way back when on episode one that the reason I do this is because I don't think we tell accurate stories about hard transitions or life changing moments. So when I do have my guests on I tell them I don't want to know your a moment until we meet because I don't want to come in with cliches about those moments, which means sometimes I get schooled about things and I definitely got schooled about some things when I talked to Becky, which is totally appropriate because Becky is an advocate for diversity and inclusion on a global scale. Her mission is to change how little people and all people with disabilities are perceived in the media, which ultimately influences the opinions of society as a whole. Now, I saw Becky this past fall at the Mogul X conference in New York City and I was really taken by her ability to tell her story. So I'm very excited she's on the show today and get ready to hear me learn a lot about disability issues, which is totally appropriate because I needed the education. All right. Without further ado.

Becky Curran: [04:01](#)

My name is Becky Curran and I identify as a little person. So that's a big part of my story. I am really passionate about changing how we see the media because most little people, most people never see a little person before meeting me and I want to make this world a better place for those after me.

Angela Santillo: [04:22](#)

Perfect. So what was one moment that turned your life upside down?

Becky Curran: [04:26](#)

One moment that turned my life upside down was in August of 1999 I was sailing. It was my favorite hobby growing up. I was wearing a wetsuit. I started feeling numbness in my legs and I thought that it was because of the wetsuit being too tight, but

in fact it was the start of a progression of my ability to no longer walk.

Angela Santillo: [04:52](#)

Wow. So how old were you in '99?

Becky Curran: [04:55](#)

I was 15 years old.

Angela Santillo: [04:57](#)

Was this a condition that you were susceptible to or was it a shock that it started?

Becky Curran: [05:05](#)

It definitely was a surprise to me because I felt that I was really active growing up and my doctor, I had gone to a specialist. I grew up in Boston. I went to a specialist in Maryland and I was closely monitored as I was growing up and I was not as aware. Maybe I was kind of hiding from the possibilities of spinal cord compression, which was happening because I have a smaller frame. My body's actually, my torso is actually about the same size as average height people. My arms and legs are shorter, but even though the torsos the same size as everyone else, the compression can happen because most of our organs are compact within that average sized torso.

Angela Santillo: [05:54](#)

So this is the, this is what I want to say, a problem that affects little people.

Becky Curran: [05:59](#)

It affects a lot of little people who have my type of dwarfism which is Achondroplasia, which is the most common type. Other people are affected with other complications, but it's the most common among people with my type of organism.

Angela Santillo: [06:14](#)

So you mentioned that you were starting to feel, was it numb in your legs or like that they were being cut off from circulation?

Becky Curran: [06:22](#)

It kind of felt like a combination of both.

Angela Santillo: [06:25](#)

Because the wetsuit?

Becky Curran: [06:26](#)

Yeah. So and then even when I took the wetsuit off, it looked like there was little circulation, but it was more than that.

Angela Santillo: [06:35](#)

Did it lead you to action right away or did you, you know, cause quite often like we have problems, we deny it and we deny it.

Becky Curran: [06:43](#)

I think after I started feeling like it was going to affect my walking. We made a call to my doctor down in Baltimore and he got us in for an appointment within a month. It was, it was unfortunate that we weren't able to get in right away. But I'm

not the only person on the planet that needed care. So we ended up going about a month later down to Baltimore and he took x rays of my back and I was so confused because I didn't even think it was related to my back. I thought it was related to my legs, and then he said that he was an orthopedic doctor and he couldn't perform the surgery on me, so he had to recommend another doctor who performed back surgery and that doctor was booked out for several months. I probably wasn't even going to get until the new year, but then about a week after we got home, we were able to get an appointment with the doctor and I was in-I think it was October 18th which was the day that I had seven pieces of my lower vertebrae removed.

Angela Santillo: [07:51](#)

Wow, that's intense.

Becky Curran: [07:54](#)

Yeah.

Angela Santillo: [07:54](#)

Was this your first major surgery?

Becky Curran: [07:59](#)

It was when I was growing up, I had a few, I guess less complicated surgeries. Some may think a little bit more complicated than your average, but I had tubes in and out of my ears and I had tonsils and adenoids taken out. I did have like surgery because I was born with bowed legs, so they took bone out of my legs when I was three and then put them back up back in my legs when I was 13 but I didn't feel like it was as much of a life interruption then this one was

Angela Santillo: [08:30](#)

So because I only know one person who's had back surgery and I think she had a rod inserted and I remember her saying it was like the worst experience of her life. Like what is, what does that entail? Like how long were you in the hospital and-

Becky Curran: [08:45](#)

So I was in the hospital for about two weeks I think we also went to, it was like a combination of staying at the hospital and then there was a place that's kind of like the Ronald McDonald House that we stayed for a little bit longer after I was released. It may have only been just a little over a week. And I would say just part of that whole process when I first found out that I needed to have the surgery, and it was kind of obvious once I was falling, falling everywhere when I was walking, my biggest fear was falling back in school.

Angela Santillo: [09:24](#)

Oh, like physically falling?

Becky Curran: [09:26](#)

No just-

Angela Santillo: [09:29](#) Or you mean falling back like academically?

Becky Curran: [09:31](#) Yes. So I would say that like that's why I kind of look at it as like the biggest moment. Of course the whole process was a pain, but missing 29 days of school broke my heart because I had strived so much to, from day one in school, to keep up with all of my friends and stay in honors classes and probably did, went above and beyond because I just never wanted it to fall behind. And then when I found out I had to miss that, I knew, and I always know now I guess, that health is important and comes first. But it wasn't what I was thinking when I first found out that I had to go down this route.

Angela Santillo: [10:13](#) Was this the first time, cause you mentioned that this is a condition that's common with your kind of, uh, what would you say? Is it your kind of dwarfism?

Becky Curran: [10:22](#) Yes.

Angela Santillo: [10:22](#) Am I saying that right?

Becky Curran: [10:24](#) Yes.

Angela Santillo: [10:24](#) Okay. Had you had moments where your condition got in the way of your life before this?

Becky Curran: [10:31](#) I would say, um, even when I had the back surgery when I was 13 it was like right before I went into seventh grade. But I feel like it didn't interrupt too much cause I was pretty much recovered by the beginning of the school year. I did get upset one time at soccer practice. I always grew up participating in sports among my average height peers. After soccer practice one day I asked my dad, "Why do I have to be a little person?" And he had this brilliant answer and then I never asked the question again. So I think during that day and maybe a few other times, I just thought it kinda stinks to not be able to keep up with my friends as far as pace goes. But I would say that growing up I was fortunate having a friend in my class from preschool to seventh grade, so I never really felt like I was being bullied. I see so much of that happening now, so I feel fortunate in that way. But I think most of my life it's been kind of the doubts and judgments people have put on me more than the limitations I feel that I'm up against by being a little person.

Angela Santillo: [11:45](#) It's a big surgery. You mentioned and then you mentioned that it was like a big interruption in your life and probably I think

when you're that age you're not used to life upending your plans

Becky Curran: [11:54](#)

Right?

Angela Santillo: [11:55](#)

It's kind of like a big slap in the face of what adulthood is going to be like.

Becky Curran: [11:59](#)

Absolutely.

Angela Santillo: [12:00](#)

Did you start behaving differently or reacting differently? Were you more tenacious in your goals? Were you- I mean cause I just think at that age, so many possibilities can happen with how you deal with a setback or a recovery like that. Because that's so young to deal with.

Becky Curran: [12:16](#)

Right. Well, an additional event that kind of-that feeds into it is I had a strong community of people around me. I got 30 cards a day from the church and so many people were sending flowers and everything that was going on throughout the surgery and recovery process. But I would say probably that following year after I was quote unquote fully recovered, I am not sure exactly exactly when I felt like, "Okay I can take on this world again." Because of course it's a progress with physical therapy and other things. But I would say socially that next year going into my junior year, it was another kind of slap in the face because everyone felt that they didn't really need to be around anymore. They kind of gave me the attention I needed at first during that time. And once they knew I was fully recovered, a lot of my friends who are girls started liking guys and they didn't think that I can be around and one person actually told everyone that I didn't need to be around cause I was different. And I would say socially that, which was kind of what the surgery kind of fed into, really just tore me apart and it was about six months during that junior year where I wasn't getting invited places of staying home with my parents had to figure out like going forward, how am I going to not let this happen or how am I going to figure out how to go out and explore the world without waiting around for people. And I would say from that point forward, after spending all that time so upset, I had to figure it out fast that I'm not going to sit around and let others determine my life. I even actually took a trip to France, it was a school run trip and they recommended that you go with people who aren't necessarily friends. They said "You'll be fine." Like there are enough people around, you know this school administrators who will be there. And I went on this trip and there was no one around that wanted to hang out with me. And that was a little scary territory because I was only like 17 and I

wanted-I really wanted to see France cause I took French in school and I wanted to figure out how to use it. And unless it was a group activity, I would stay back in my hotel. I was trying to figure out where can I go that's safe. So I tried to explore a little bit outside the hotel by myself, but I think I was still like exploring and learning how to be independent, especially in a foreign country for the first time by myself.

- Angela Santillo: [15:00](#) That's like a huge 180 degrees from having like a bunch of community support to people basically abandoning you.
- Becky Curran: [15:10](#) Right?
- Angela Santillo: [15:10](#) I mean you mentioned that you had to like learn really quickly that you can't wait around for everybody.
- Becky Curran: [15:15](#) Right
- Angela Santillo: [15:15](#) I mean how do you not get angry? Do you? I mean I'm sure you did. I mean that's only human.
- Becky Curran: [15:21](#) Of course I got upset. I'm a very emotional person. There were many tears. I even called home from France calling my parents and I would say, I think that family support at the end of the day has been unbelievable and incredible. And even I wish that those days when I was upset that I wasn't getting invited places that I spent more time with my parents. Just really getting to know them as people and understanding that they went through those types of stages in their lives. Social exclusion, but I think I was just kind of feeling like I was in this bubble and it was only happening to me and then as I started digging out of it, figuring out what makes me happy, like where do I want to go, what do I want to see? I thought that and learning how to drive. I did do soon after, I think I was on time, like 16 I got my permit and 16 and a half I was able to get my license. I use pedal extensions for driving, so took a little bit just to make sure the car could accommodate them. But I think once I had that ability to drive places and really be independent, I started being okay with going a restaurants by myself. We would make fun of my dad going to the movies by himself, but I was fine doing that. After a while. And I think having their support and not waiting around for whether or not someone wants to be around me, it just became a reality that it's sad that I have to help people feel comfortable around me.
- Angela Santillo: [16:58](#) I think we all have circumstances where we're around someone we can tell that we need to like make them feel comfortable but

to do that on a daily basis is such a burden and so unfair. So like I have nothing like this, but I did have a medical incident in high school and like I really got, not bitter but really frustrated that people really didn't quite understand what I had gone through. I mean cause this is more than just the surgery. For you, this like evolved from the surgery to this social change that happened. I mean, what did you-if you could've screamed anything at them, what would you wanted them to know about you and your experience for them to understand you and embrace you more?

Becky Curran: [17:48](#)

Yeah. So I recently stopped someone in their tracks when they said "I had an experienced, but it wasn't exactly like your experience, not as crazy as your experience." And I think a lot of times we get caught up in the, this experience was this extreme and this one was just minor. But I think just the human capacity and we all kind of have the ability to face experiences differently. And maybe if it was someone else who was having to go through what I went through, they wouldn't emotionally survive. I don't know. But I think it's important for us to not assume that they're-your situation isn't as bad as mine or, um, I think there's a lot of stigma around any type of medical situation. And I did have that experience right before the surgery when I knew it was going to happen. Of course, one of the risks, because they were going to be so close to my spinal cord was going to be death. And there were some friends who just kinda got a wind of that whole notion that like, I may not be here after the surgery. And people were afraid to talk to me. And I think it's a similar situation, maybe when someone finds out that someone has a life threatening illness, uh, that whole fear of talking to someone because you don't know what to say or you're afraid to offend. And I think it's important to take away a lot of that fear and have an open conversation and give someone permission to stop you if they're feeling uncomfortable.

Angela Santillo: [19:23](#)

Like not talking about it or not confronting it is just cutting yourself off for information and it's just creating a lot more chaos than there needs to be-

Becky Curran: [19:32](#)

Right.

Angela Santillo: [19:33](#)

About everything.

Becky Curran: [19:33](#)

And I think as just as I've gotten older, I've been able to recognize negative body image. Also, after I got out of college, I thought I had a job and it fell through. So I ended up sending out a thousand resumes and went on a hundred interviews. And every time I walked in the door, I knew the body language was

not in my favor. And I think as I've kind of navigated that through life, I've realized I don't want to be around those people who aren't going to be comfortable around me. I've had people tell me that there are people who are fearful of little people. I'm like, "Okay, well I don't know what to say. I'm not going to jump out at them. I'm a human just like everyone else."

- Angela Santillo: [20:16](#) Yeah. Okay. This is gonna sound so dumb. But like in Queer Eye, have you seen Queer Eye?
- Becky Curran: [20:21](#) I haven't but I've heard of it.
- Angela Santillo: [20:23](#) Ah, well they were, there was like this debate that one of the guys in it, he wanted to go on a debate with someone who's very anti LGBT. He was like a politician I think. And someone else in the cast said, "Well that's your fight, but I'm tired of living my life having to fight people to like accept me."
- Becky Curran: [20:41](#) Right?
- Angela Santillo: [20:41](#) And treat me with respect. Are you, cause I know you're doing advocacy work and you're doing this, but is it like you don't want to be around the people who are afraid of you, Is it now like it's not my job to make you less afraid of me as I'm living my life? Is that-
- Becky Curran: [20:55](#) Well, I think I look at it, especially when I was living in New York. Every day when you're in a city that is a small, geographic distance, but a lot of people, I of course every day walked down the street, there'd be different people. I would say that I figure out each day who's worth educating and who I'm going to have a lot harder of a time to educate.
- Angela Santillo: [21:25](#) Are they worth the time?
- Becky Curran: [21:27](#) Right.
- Angela Santillo: [21:29](#) Cause that sounds exhausting.
- Becky Curran: [21:32](#) I would say the biggest that I've been up against, especially in a city like New York or LA, is people thinking I'm on reality TV. So they look at more of, you must be famous on TV. And everyone's like, "Oh, you should just take ownership of that." And I don't, because I want to be a positive example for the next generation. And a lot of those shows have negative, uh, portrayals of us. And when I'm constantly fighting people and be like, "I'm not on that show. I'm not that person. Once you

realize that maybe we can have a conversation, then I can educate you." But it's trying to figure out, finding that balance. And also if I talk back to people, which I don't like to do in the first place, but if I do then I'm also risking my life.

- Angela Santillo: [22:25](#) Yeah.
- Becky Curran: [22:25](#) If someone were to be an aggressive person.
- Angela Santillo: [22:28](#) That's a lot of limitations based on other people's ignorance.
- Becky Curran: [22:34](#) Right?
- Angela Santillo: [22:34](#) I mean, do you look like someone on a show or did they just assume because-
- Becky Curran: [22:40](#) They just assume. Because I have similar type of dwarfism, female. We're not- I don't feel like I look exactly like any of them.
- Angela Santillo: [22:47](#) That is a weird assumption. Is that because you're at entertainment events or you were-
- Becky Curran: [22:51](#) I think especially New York and LA because of just being in an entertainment space. Even other places it happens. It just happens less. I think a combination of fewer people and maybe some people have seen those shows and some haven't. And yes, there have been some educational shows that have brought awareness around our community. But there are some that don't necessarily do that. And then it makes it hard for us to justify that that's not us and I'm not- I think having worked in the entertainment industry, I don't have a desire to be famous in that way. Like I have a desire to get my story out as far as possible, as far and wide as possible. I just don't think reality TV is the avenue.
- Angela Santillo: [23:41](#) What do you want people to know about-like how do you educate people?
- Becky Curran: [23:45](#) Definitely don't make assumptions. I remember doing an exercise in an unconscious bias workshop and the exercise was to go find someone in the room who looks nothing like you and you don't think you have anything in common with them. And then I went up to someone and we struggled to find three things that we didn't have in common. And I think the overall message is we all have more in common than we think we do and we need to treat each other the way that we'd want to be

treated in return. And I think there's so much, I know the media has a strong influence on society's perceptions, but what if we could get to a day where we don't have to rely on the media and still treat that person like a person? And I think it's just me—just thinking about that next generation. 80% a little people are born to advertise parents. So I always tell people it could happen to anyone and you should figure out how to be educated about the community because you know there's a lot to learn. And then that saves that person being in the delivery room, finding out that they have a little person and the decisions that they may make if they weren't educated.

Angela Santillo: [24:54](#) Do you feel like that the perception or the portrayal or the information out there is, is changing for the better compared to how it's been, let's say the last 10 years?

Becky Curran: [25:06](#) I think yes and no. So the fact that we have so many more media outlets and avenues, people can get their content from anywhere and everywhere. So if they get positive content, they'll be educated in the right way. If they get negative content, they'll be educated in the wrong way. And I think then people get their perceptions based on how they consumed media. I would say that there have definitely been, as far as media goes, more mainstream portrayals like Peter Dinklage and Game of Thrones. What's admirable about that situation is that he's known to be a talented actor. Not many people bring up that he's a little person when they're talking about him and the Emmy's and other awards and recognition he's received because above all he's a talented actor and that's what his true passion is.

Angela Santillo: [26:00](#) Yeah.

Becky Curran: [26:00](#) And I think people want to be known for their skill sets rather than those things that people may think deter them from accomplishing their goals and dreams.

Angela Santillo: [26:14](#) Gosh, to just hear like you sending out a thousand resumes and going out on a hundred interviews. I mean you should be seen as a tenacious like bad ass who is going to fight for what she wants. I mean, that's like that should be the first thing people know about you.

Becky Curran: [26:31](#) And that's what I struggle to figure out because I've been able to manage this scenario and figure out how to make the best of it and become an advocate in the space. I know that a lot of people with disabilities don't necessarily want to spend their lives being an advocate in the space. They may be wanting to be

an analyst or a cook or whatever it is they may dream of being. But I see so many people who maybe would have given up after 25 or 50 and maybe don't go to school because they're afraid of being made fun of. A lot of parents are hiding their children because they're afraid of how the outward world will react to their child's difference. And I think there's so much less exposure to the real world that people are even having because their parents maybe feel fearful to let them go out and be independent and conquer their dreams.

- Angela Santillo: [27:33](#) Okay, this might be a totally stupid question.
- Becky Curran: [27:35](#) No question's stupid.
- Angela Santillo: [27:37](#) I know, right? That's what they say. But when people are little people, do they say- um, what do I want to say. As far as like-are they considered to have a disability?
- Becky Curran: [27:49](#) A lot of people in the little people community, if they don't have another physical disability other than being a little person, they may not. But under the Americans with Disabilities Act, we are included because we do require having a step stool to reach things or pedal extensions for driving.
- Angela Santillo: [28:09](#) Got it.
- Becky Curran: [28:10](#) And there is an excerpt that includes us and I chose early on to advocate on behalf of the whole disability community because the little people population is only 30,000 in the US and I just feel that I wouldn't get as far if I was just trying to advocate for little people my whole life.
- Angela Santillo: [28:29](#) Got It. So it wouldn't be offensive or incorrect for me to say that you are disabled.
- Becky Curran: [28:32](#) Right.
- Angela Santillo: [28:33](#) Okay. So then my question was going to be, cause I wasn't afraid. I was afraid I was going to offend you by calling you something you weren't.
- Becky Curran: [28:38](#) No.
- Angela Santillo: [28:39](#) Which, uh, which is, do you feel like your disability has been an advantage for you?

- Becky Curran: [28:44](#) Absolutely. I feel like I've figured out exactly how the world works in a different way. Figuring out people really fast. I would say I've met some incredible human beings and I don't think I would have had the life perspective that I have by just being born as an average stature person in this world that is tough as it is. And I, I just want to insert something about this disability. I think just in general, a lot of people kind of dance around word because they just don't know, "Oh did we say ability? Cause there's so many things that go with it." But I think if we stay committed to using the term disability, we can make it stronger and we can break the stigma around people being afraid to have a disability. And I know of course, life altering events happen. And then of course someone who grew up without a disability who acquires a disability goes through some stages of transition. But I think that overall the word disability can be strengthened because it's more encompassing than trying to go around the different avenues that people may want to call themselves.
- Angela Santillo: [30:10](#) That's a very good point. I will not feel like I'm going to offend you by calling you disabled. It's not a bad word.
- Becky Curran: [30:16](#) I always tell people no question's offensive and I think it's just important to have open dialogues to get people to understand that it's okay to make mistakes too. I always tell people, if you made some mistakes in the past and now you're hearing me give you some recommendations, I'm not going to be mad at you. I want you to go forward and kind of treat a situation a little differently because we're only going to learn by learning from each other.
- Angela Santillo: [30:42](#) Yeah, and I think, I feel like especially in the last, I don't know, five years, there's like an increased engagement and conversation around any marginalized population and how to like really empathize with their situation. Educate yourself about that situation. Don't assume you know everything because you either have a privilege that they don't have or I mean they feel like that's a big wave that is trying to still happen these days.
- Becky Curran: [31:09](#) Right.
- Angela Santillo: [31:10](#) It's a little hard in certain areas. Um, are you okay now with your back?
- Becky Curran: [31:18](#) That's a good question. I would say about two years ago I started feeling similar symptoms and fortunately I've been able to conquer them for the most part where I haven't lost my

ability to walk, but I've closely monitored. They do say that if they were to go back in, there was so much scar tissue and it would be good for me to avoid surgery at all costs. Weight management has always been a bit of a struggle and of course they always say if you lose weight you'll be better off.

Angela Santillo: [31:47](#)

Yes. Your bones, your joints.

Becky Curran: [31:51](#)

It's kind of an ongoing struggle. I think I, I read an article today about how as many people who have gym memberships, there's still huge obesity rate in this country because we all like to eat and we haven't figured out how to balance them. I did try to go to a nutritionist recently and it's just trying to manage it all. I would say that if I stay on top of things and do my exercises, I was going to physical therapy but then they released me cause it's hard to say, oh this is just maintenance and trying to get them to keep me on when they always try to look for a start and end date.

Angela Santillo: [32:30](#)

Yeah.

Becky Curran: [32:30](#)

I would say that it's just important to stay active. And also it has made me realize I need to be mindful. Even though I have a strong pain tolerance, I have to be mindful of when things are going on to my body because it's not fun when it's too late. And as I learned, even with appointments to get into surgery, it could have been a year later and my life could have been a lot different. And I had, I had so many different opinions from doctors over the past few years and some were ready to operate. And I then got other opinions and I, um, I'm glad that I continue to get the opinions to hold it off if I can, because it's not always great when you go in that second time around.

Angela Santillo: [33:20](#)

Yeah and who wants to do back surgery again?

Becky Curran: [33:23](#)

Right? And another setback after it took this long to catch back up.

Angela Santillo: [33:29](#)

Yeah, you're too busy. You don't have time to take off like 29 days and do whatever.

Becky Curran: [33:34](#)

And just even as adults that are harder to recover as fast.

Becky Curran: [33:39](#)

Now during the interview, Becky said at one point that when she was younger after soccer practice, she asked her dad why she was a little person and that he had a brilliant response. But she didn't say what the response was and I totally forgot to ask

the followup question. So as I was editing the audio, I emailed her and I said, you know, what did your dad say? So she texted her dad, Jack and Jack wrote back, "You were five or six years old. I told you that everybody spends their life trying to be different and God gave difference to you on a platter. You would never have to try to be different ever. I also told you to embrace your difference and that you would come to love it. I guess I knew more than I thought I did about handling questions like that. I was worried that that was the first of many times that you would ask why you were the way you are, but you never asked that question again." And after our interview I asked Becky if she wanted to add anything and this is what she said.

Becky Curran:

[34:28](#)

Yeah. I would just say that people with disabilities can contribute a lot more to this world than people give credit to. I think we learned a lot. Even getting out of bed and getting to work or wherever it is we may need to be. There are so many steps in just the first 10 minutes of waking up that we have different challenges and obstacles. And even when I talk about my surgeries, I never want people to feel bad for me. I just want to be treated as an equal member of society and I think I can speak on behalf of a lot of people. We don't want people to feel bad for us, but of course our stories and experiences make us stronger and we want others to help embrace difference by sharing their stories. I think too many people hide their stories and I was fortunate to be born with a physical difference and I don't have to hide my difference, but others sometimes want to hide their difference because they see how people with a physical difference are treated in this world, and if we could all be a little more kind, maybe we can learn that we all have a lot more in common than we think.

Sound Effect:

[35:41](#)

Music

Angela Santillo:

[35:51](#)

If you wanted to learn more about Becky Curran, go ahead and visit her website, beckymotivates.com. You can find me on Instagram and Facebook at And Then Suddenly podcast or on my website andthensuddenlypodcast.com. Drop me a line, rate me on iTunes, and if you like what you here, share this episode with your friends. All right. Thank you so much for listening and have a good one.