

***Bachelor* Star Megan Marx Says She's 'Grieving an Unlived Life' amid Degenerative Brain Disease**



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Megan Marx reflects on grieving the life she imagined for herself three years after her **Spinocerebellar Ataxia type 6 (SCA6)** diagnosis

The *Bachelor Australia* star shares how embracing grief has helped her focus on meaningful activities and relationships in her life

Spinocerebellar Ataxia (SCA) is a rare, incurable neurological disorder that affects coordination, mobility, and other physical functions.

Megan Marx is reflecting on the grief she feels while living with a rare degenerative neurological disorder.

On Friday, Feb. 20, in a personal essay for [Mamamia](#), the *Bachelor Australia* star — who was diagnosed with Spinocerebellar Ataxia three years ago — opened up about the progression of her brain disease. The 36-year-old said she's okay with embracing grief while not letting it consume her.

“There is a kind of grief that rarely earns a name,” she wrote. “It is not the grief of death, nor even the grief that follows a diagnosis. It is the grief of the life we imagined we might live, and the slow recognition that it will not arrive.”

Marx admitted that her life has been shaped by survival. As someone living with chronic illness, she said the “distance between hope and capacity” became a defining factor of her existence, and that distance “deserves” to be mourned.

“The grief of what-if is often waved away. *Be realistic*, we’re told. *Accept what is*. But denial carries its own risk,” she explained. “If regret is untreated, if it hardens into identity, it becomes corrosive. It ceases to be grief and becomes a creed. That is where the damage quietly deepens.”

“Grieving an unlived life is not a refusal of reality. It is an act of honesty. Something was lost,” she continued. “Pretending nothing was lost binds us to shame; naming it allows movement. It challenges the belief that worth is measured by productivity, consistency, or visibility. Survival, when understood honestly, is not failure; it is a form of adaptation.”

“I carry an awareness of this grief, but I am careful not to let it contain me,” the reality star said. “I want a life that is workable and free in the ways that matter. That has required deliberate narrowing. In recognition of my neurological disease, and in protection against relapse, I have stripped my life back to what can be sustained.”

Marx explained that when she allowed herself to grieve the life that she won't have, she became more “present to the life that remains.” She now likes to spend time outdoors, whether she's camping, windsurfing or walking on the beach with her dog. She keeps a close and intimate friend group who she spends time with. She reads, travels, plays guitar and paints, calling all of these activities “structure” in her life.

“For those living with chronic illness, trauma, or persistent depression, the invitation is both simple and demanding: do not let your grief be dismissed,” she ended. “Do not bypass it for the comfort of others. Mourn what was lost, but remember what is still left of your life. In doing so, you clear space not for fantasy, but for a life that is honest, inhabitable, and still your own.”

Marx first revealed she was diagnosed with the rare degenerative neurological disease in January 2023 on *Instagram*.

Spinocerebellar Ataxia is a group of inherited brain disorders that affects the cerebellum — part of the brain that controls coordination of physical movement — and the spinal cord, according to the [Cleveland Clinic](#). It affects about one to five of every 100,000 people.

As the condition progresses, it can cause problems with the eyes, hands, speech, legs and mobility. Symptoms typically appear after age 18 and slowly worsen over several years, per the Cleveland Clinic.

There is no cure for spinocerebellar ataxia, however, treatment plans involve minimizing symptoms and improving function.