



## Meghan McCain on Why She Opened About Her Miscarriage Despite Being 'Petrified'

By Leena Taylor 3:52 PM PDT, July 21, 2019

A day after publishing an essay [detailing her "horrendous" miscarriage](#) in *The New York Times*, Meghan McCain opened up further about the tragedy in a powerful social media post.



In Friday's piece, titled "Meghan McCain: What I Learned From My Miscarriage," the daughter of [late Senator John McCain](#) discussed how and she and her husband, Ben Domenech, had lost their baby. McCain said that she found out the news the same day she had to put on a smile for a magazine cover shoot.

On Saturday, she posted a photo with Domenech on Instagram, along with a lengthy caption beginning with an inspirational quote from *Rocky Balboa* about moving forward after taking hits.

"Thank you for so many beautiful and kind responses to my New York Times @nytimes op-ed about my recent miscarriage," [McCain, 34](#), wrote. "Ben and I are the luckiest, most incredibly blessed people in the world surrounded by love and support. My hope is by continuing to share grief and loss, and addressing these taboo subjects head on it will help people who have experienced the same to feel less alone."

"None of us are alone in this," [The View co-host](#) continued. "I was petrified to share my story publicly but I never, ever let fear dictate my life choices. I will always take the leap, I will always roll the dice. 🎲."

McCain then paid tribute to Domenech, whom she married in 2017, for supporting her through the difficult time.

“And to this man who loves my wild heart, has never tried to change a single thing about me, and continues to be the greatest source of strength, love and faith a woman could ever ask for ~ I thank God for sending you to me every day, Ben. #rideordie,” she wrote.

**Click [here](#) to see the Instagram post.**