## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

| OMB APPROVAL             |        |  |  |  |  |  |  |
|--------------------------|--------|--|--|--|--|--|--|
| OMB Number: 3235-028     |        |  |  |  |  |  |  |
| Estimated average burden |        |  |  |  |  |  |  |
| ours per respons         | se 0.5 |  |  |  |  |  |  |

longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| (Print or Ty   | pe Response   | s)   |   |  |       |                    |                          |  |   |                       |                   |  |                    |                          |  |  |   |                                    |            |
|--|---|--|---|--|-------|--------------------|--------------------------|--|---|-----------------------|-------------------|--|--------------------|--------------------------|--|--|---|------------------------------------|------------|
| 1. Name and Address of Reporting Person *- BENDER JAMES J        |   |  |   | 2. Issuer Name and Ticker or Trading Symbol TWO HARBORS INVESTMENT CORP. [TWO] |       |                    |                          |  |   |                       |                   | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  _X_Director Officer (give title below)  Other (specify below) |                    |                          |  |  |   |                                    |            |
| TWO HARBORS INVESTMENT CORP., 601<br>CARLSON PARKWAY, SUITE 1400 |   |  | 3. Date of Earliest Transaction (Month/Day/Year) 05/21/2021 |  |       |                    |                          |  |   |                       |                   |  |                    |                          |  |  |   |                                    |            |
| MINNET   | ΓΟΝΚΑ, N  | (Street) AN 55305                          |   |  | 4. If | Amend              | men                      | t, Date  | Origi   | nal Fi                | led(Mor           | nth/Day/Yea  | ar)                |                          | X Form                                 | filed by One Re  | t/Group Filing(<br>porting Person<br>an One Reporting I   |                                    | ole Line)  |
| (City  | y)  | (State)                                    |   | (Zip)  |       |                    |                          | Table  | I - No  | on-De                 | rivativ           | e Securi   | ities              | Acqu                     | iired, Dis                             | posed of, or   | · Beneficially  | Owned                              |            |
| 1.Title of Security<br>(Instr. 3)                                |   | 2. Transaction<br>Date<br>(Month/Day/Year) |   | 2A. Deemed<br>Execution Date, it<br>any<br>(Month/Day/Year                     |       | if Co              | Transa<br>de<br>astr. 8) |  | tion 4. Securities Acquirec<br>(A) or Disposed of (D<br>(Instr. 3, 4 and 5) |                       |                   |  |                    |                          |  |  | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership   |                                    |            |
|  |   |  |   |  |       |                    |                          | (  | Code  | V                     | Amo               | unt (A)  |                    | Price                    |  |  |   | or Indirect (I) (Instr. 4)         | (Instr. 4) |
|  | Common stock, par value \$0.01 per share 05/21/2021             |  | 21/2021   |  |       |                    |                          | F  |   | 9,26<br>(1)           | 2 D               |  | \$ 0               | 58,288                   |  |  | D   |                                    |            |
| Reminder.  | Report on a s   | separate fine re                           | or each   | Table II -   | Deri  | ivative S          | Secui                    | rities A   | Acquii  | Pers<br>cont<br>the f | ons wained form d | ho resp<br>in this<br>isplays  | fori<br>a c<br>Ben | m are<br>curre<br>eficia | not req<br>ntly valid                  | uired to re<br>d OMB cor   | formation<br>espond unles<br>ntrol number   | ss                                 | 1474 (9-02 |
| 1. Title of  | 2.  | 3. Transaction                             | n   | 3A. Deemed   | (c.g. | 4.                 | a113,                    | 5.   | 11113, 0  | •                     |                   | cisable  | ,ccu               |                          | le and                                 | 8. Price of  | 9. Number of  | 10.                                | 11. Natur  |
|  | Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security |  |   | Execution Date   |       | Code<br>(Instr. 8) |                          | Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) |   | and E                 | on Date<br>/Year) | Under Secur  |                    | unt of<br>rlying         |  | Derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | Ownership<br>Form of<br>Derivative<br>Security:<br>Direct (D)<br>or Indirect<br>(I)<br>(Instr. 4) | Beneficia<br>Ownersh<br>(Instr. 4) |            |
|  |   |  |   |  |       | Code               | V                        | (A)  | (D)   | Date<br>Exerc         | eisable           | Expirati<br>Date   | ion                | Title                    | Amount<br>or<br>Number<br>of<br>Shares |  |   |                                    |            |

## **Reporting Owners**

| Depositing Owner Name / Adduses  |          | Relationships |         |       |  |  |  |  |  |
|--|----------|---------------|---------|-------|--|--|--|--|--|
| Reporting Owner Name / Address   | Director | 10% Owner     | Officer | Other |  |  |  |  |  |
| BENDER JAMES J<br>TWO HARBORS INVESTMENT COR<br>601 CARLSON PARKWAY, SUITE 140<br>MINNETONKA, MN 55305 |          |               |         |       |  |  |  |  |  |

### **Signatures**

/s/ James J. Bender, By: Rebecca B. Sandberg, Attorney-in-Fact

05/24/2021

#### **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) The Reporting Person elected to forfeit shares to satisfy income tax liabilities incurred in connection with the vesting of a restricted stock award on May 21, 2021, as approved by the Board of Directors of Two Harbors Investment Corp.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.