FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL							
OMB Number: Estimated average burden	3235-0287						
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

1. Name and Address of Reporting Person* VINAR JASON (Last) (First) (Middle) TWO HARBORS INVESTMENT CORP. 1601 UTICA AVENUE SOUTH, SUITE 900]] 3. Da	2. Issuer Name and Ticker or Trading Symbol TWO HARBORS INVESTMENT CORP. [TWO] 3. Date of Earliest Transaction (Month/Day/Year) 01/13/2023									tionship of Reporting Person(s) to Issuer all applicable) Director 10% Owner Officer (give title Other (specify below) Vice President & COO					
(Street) ST. LOUIS PAR (City)	RK MN (State)	55 (Zi)	416 p)		4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Ta	able I - Non	-Der	rivativ	re S	ecuritie	es Acq	uired,	Disp	osed of	, or E	Benefi	cially Ow	ned					
Date				ransaction e nth/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)				4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 an				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount		(A) or (D)	Price	(Instr. 3 and 4)					
Common stock, par value \$0.01 per share 01/1					13/202	23			A		10,327	7 ⁽¹⁾	A	\$0	\$0 37,454 ⁽²⁾			D		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																				
1. Title of Derivative Security (Instr. 3)	2. Conversion Date Execution Date, or Exercise Price of Derivative Security 2. A. Deemed Execution Date, if any (Month/Day/Year)		~ c	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amour Securities Underly Derivative Security 3 and 4)		derlying	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficia Owned Following Reported Transacti	e s illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code V		(A)	(D)	Date Exercis		Expiration Date	piration Ni		Number of Shares	(Instr. 4)					

Explanation of Responses:

- 1. Represents restricted stock units ("RSUs") granted to the Reporting Person under the Two Harbors Investment Corp. 2021 Equity Incentive Plan. The awards were received as a grant for no consideration. The common stock underlying the RSUs will vest, subject to certain limitations, in equal installments on January 13, 2024, 2025 and 2026.
- 2. On November 1, 2022, the Issuer effected a one-for-four reverse stock split of its outstanding shares of common stock. The amount of securities beneficially owned reported on this Form 4 has been adjusted to reflect the reverse stock split.

Remarks:

/s/ Jason Vinar

01/18/2023

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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).

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

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