

Form 144 Filer Information

FORM 144

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549****Form 144****NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933****144: Filer Information**

Filer CIK

0001326633

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

☒ LIVE ☐ TEST**Submission Contact Information**

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer

Two Harbors Investment Corp.

SEC File Number

001-34506

Address of Issuer

1601 Utica Avenue South
Suite 900
St. Louis Park
MINNESOTA
55416

Phone

6124534100

Name of Person for Whose Account the
Securities are To Be Sold

E. Spencer Abraham

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Director

144: Securities Information

Title of the Class of Securities To Be Sold

Common Stock

Name and Address of the Broker

Raymond James
660 Newport Center Drive
Suite 570
Newport Beach
CA
92660Number of Shares or Other Units To Be
Sold

3641

Aggregate Market Value

43837.64

Number of Shares or Other Units
Outstanding

104025096

Approximate Date of Sale

05/15/2025

Name the Securities Exchange

NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class

Common Stock

Date you Acquired

05/14/2025

Nature of Acquisition Transaction

Vesting of Restricted Stock Unit Award

Name of Person from Whom Acquired

Two Harbors Investment Corp.

Is this a Gift?



Date Donor Acquired

Amount of Securities Acquired

3641

Date of Payment

05/14/2025

Nature of Payment

Vesting of Restricted Stock Unit Award

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

The reporting person anticipates selling the shares for the purpose of satisfying income tax liabilities, incurred upon the vesting of a restricted stock unit award, pursuant to written instructions previously executed by the reporting person.

Date of Notice

05/14/2025

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

08/10/2022

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ E. Spencer Abraham

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)