

**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**

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

OMB APPROVAL	
OMB Number:	3235-0101
Expires:	July 31, 2023
Estimated average burden hours per response:	1.80
SEC USE ONLY	
DOCUMENT SEQUENCE NO.	
CUSIP NUMBER	
WORK LOCATION	
TELEPHONE NO.	
AREA CODE	NUMBER
2 8 1	8 7 4 2 7 0 0

1 (a) NAME OF ISSUER (Please type or print)		(b) RESIDENT NO.	(c) S.E.C. FILE NO.	WORK LOCATION	
SILVERBOW RESOURCES INC		20-3940661	1-8754 ZIP CODE		
2 (a) ADDRESS OF ISSUER		CITY	STATE	(c) TELEPHONE NO.	
575 NORTH DAIRY ASHFORD, SUITE 1200		HOUSTON	TX 77079	2 8 1 8 7 4 2 7 0 0	
3 (a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES ARE TO BE SOLD		RELATIONSHIP TO ISSUER	(c) ADDRESS STREET	CITY	STATE ZIP CODE
STEVEN W ADAM JEA		Officer	575 NORTH DAIRY ASHFO	HOUSTON	TX 77079

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

1 (a) Title of the Class of Securities To Be Sold	1 (b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY		1 (d) Aggregate Market Value (See instr. 3(f))	1 (e) Number of Shares or Other Units Outstanding (See instr. 3(g))	1 (f) Approximate Date of Sale (See instr. 3(f)) (MO. DAY YR.)	1 (g) Name of Each Securities Exchange (See instr. 3(g))
		Broker-Dealer File Number	Number of Shares or Other Units To Be Sold (See instr. 3(e))				
COMMON	FIDELITY BROKERAGE SERVICES LLC 245 SUMMER STREET BOSTON MA 02110		10,000	250,000	12196498	06/25/2021	NYSE

INSTRUCTIONS:

- Name of issuer
- Issuer's I.R.S. Identification Number
- Issuer's S.E.C. file number, if any
- Issuer's address, including zip code
- Issuer's telephone number, including area code

- Name of person for whose account the securities are to be sold
- Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- Such person's address, including zip code

- Title of the class of securities to be sold
- Name and address of each broker through whom the securities are intended to be sold
- Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
- Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
- Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
- Approximate date on which the securities are to be sold
- Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

SEC 1147 (08-07)
1,348,092,113

FIMS_IBG-3438002180

TABLE I — SECURITIES TO BE SOLD

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:

Title of the Class	Date Year Acquired	Name of Acquisition Transaction	Name of Person from Whom Acquired (If different from date above acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON	08/15/2020 08/22/2021	Stock Award Stock Award	ISSUER	166 9,304	na na	compensation compensation

INSTRUCTIONS:

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.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
STEVEN W ADAM JEANETTE RL 575 NORTH DAIRY ASHFORD, SUITE 1200 HOUSTON TX 77079	N/A SILVERBOW RESOURCES INC.	0		

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (e) 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 registered with sales for the account of the person filing this notice.

06/25/2021

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
IF EARLIER THAN RULE 10b5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed and the manually signed shall bear typed or printed signature.

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