WHAT IS CLAIMED IS:

1. A tape adapted to be attached to a workpiece, the tape comprising:

a substrate having two opposing sides;

an adhesive on one of said sides of said substrate; and

a deformable pattern visible from the entirety of said sides of said substrate, wherein said pattern may deform in at least two directions when tension is applied to the tape and said substrate is stretched in at least one of said at least two directions, wherein said substrate is a first color and said pattern is a second color, and wherein said first color and said second color are different.

2. The tape according to claim 1, wherein the pattern is provided on the whole surface of said one of said sides of the substrate.

3. A tape attaching method for attaching a tape to a workpiece the tape attaching method comprising:

a tape preparing step of preparing the tape, wherein the tape includes opposing sides, an adhesive and a deformable pattern on a same side of said sides of the tape, wherein the tape is a first color and said pattern is a second color, and wherein said first color and said

second color are different, and wherein said pattern is visible from an entirety of said sides of said tape;

a tape attaching step of attaching the tape to the workpiece; and

a determining step of checking the tension applied to the tape according to deformation of the pattern by stretching the tape in at least one direction after performing the tape attaching step, and then determining whether or not an attached condition of the tape to the workpiece is good.

4. A tape expanding method for expanding a tape attached to a workpiece, the tape expanding method comprising:

an attaching step of attaching the tape to the workpiece, wherein the tape includes opposing sides, an adhesive and a deformable pattern on a same side of said sides of the tape, wherein the tape is a first color and said pattern is a second color, and wherein said first color and said second color are different, and wherein said pattern is visible from an entirety of said sides of said tape;

an expanding step of expanding the tape after performing the attaching step; and

a tension checking step of checking the tension

applied to the tape to stretch the tape in at least one direction according to deformation of the pattern.

5. The tape according to claim 1, further comprising a separator film attached to said one of said sides of the substrate.

6. The tape attaching method according to claim 3, wherein the tape preparing step includes attaching a separator film to said same side of the tape.

7. The tape expanding method according to claim 4, wherein the tape includes a separator film attached to said same side of the tape.

8. The tape attaching method according to claim 3, wherein the tape preparing step includes providing the pattern on the whole surface of said same side of the tape.

9. The tape expanding method according to claim 4, wherein the pattern on the tape is provided on the whole surface of said same side of the tape.

10. The tape according to claim 1, wherein the pattern includes a plurality of identical marks.